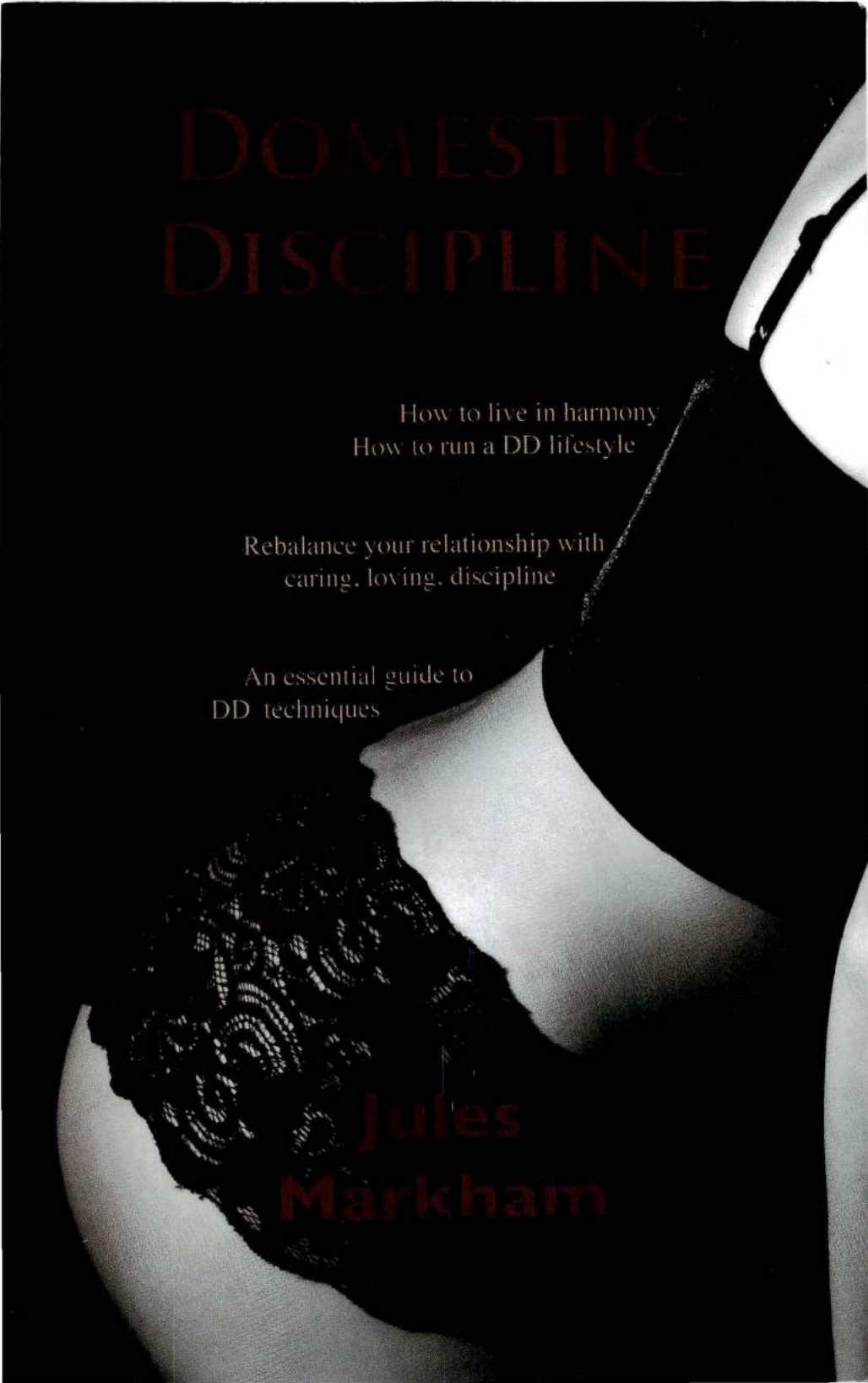


DOMESTIC DISCIPLINE



How to live in harmony
How to run a DD lifestyle

Rebalance your relationship with
caring, loving, discipline

An essential guide to
DD techniques

Jules
Markham

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DOMESTIC DISCIPLINE

By

Jules Markham



Disclaimer

This book contains reference to physical acts such as spanking, enemas, and other adult activities. All activities are consensual and apply only to like-minded adults. Nothing written applies to, or should be interpreted as applying to, minors or other vulnerable members of society.

At various points in the text, suggestions and information is given. The author does not advocate any one particular system of behaviour, beliefs, or doctrine above another nor make any judgement as to the legality of these activities in your place of residence.

The information contained in these pages is not a substitute for professional medical, legal, or psychological advice. The author is not a medical practitioner nor medically qualified. Ensure that you are fit, healthy, and have considered all the implications before trying any of the methods. If you do decide to embark on a domestic discipline lifestyle, you do so at your own risk.

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CHAPTER 1 *Introduction*

As we will find out shortly, Domestic Discipline is a technique for managing relationships. So, what is it about your relationship that attracts you to DD? There are two possible answers. The first is that you are undergoing some sort of dilemma or dissatisfaction. This might be because you feel that the relationship is in need of a shake up, that you are dissatisfied with your lot, or simply because you feel unfulfilled in some way. The second answer is that you are curious about a disciplinary lifestyle and wonder if it would be right for you.

Another possibility is that your partner has given you this book. If that is the case, it is an act of immense bravery. It could be the start of something beautiful, something rich and rewarding that brings you closer together. Alternatively, it could be a door slamming in their face. Nothing is more painful than seeing the look of pity or disappointment in the eyes of the one you love. Whatever your reasons are for reading, try not to be judgemental. Afterwards talk to your partner about what you have read and see if you can come up with a viable plan that works for you.

In the following pages we move from basic domestic discipline through to more advanced topics, some of which might appeal and some that you might consider a bit kinky or bizarre. Read the text with an open mind. Be honest about your own feelings and do not be put off by what others might think of you. DD is as much about finding yourself as it is about enhancing your relationship. If at the end DD is not something you want, that is okay. After all, it is a lifestyle choice.

1.1 What is domestic discipline?

Below is a concise definition of domestic discipline that anybody can find on the internet.

Domestic Discipline is the enforcement of order between members of a household, usually by punishment for infringement of rules applied in a domestic context. (see Wikipedia [3])

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Admittedly, that definition is rather terse but it does contain quite a lot of information. In fact, it is going to take the rest of the book to unpack it and explain. The first thing that requires clarification is the term punishment. In a DD relationship, this means that one (sometimes but less often both) of the participants consent to being disciplined for any transgression of an agreed set of rules. Spanking is the main form of discipline, although other non-spanking discipline can play an important role. What is your initial reaction to that? Are you intrigued or appalled? Are you curious to find out more?

When people advocate a DD lifestyle, they are implying discipline between consenting adults. The household bit implies that you are in a long-term relationship. Often the partners are married in the accepted sense but DD also works if you are committed in some other way. The key point is that the people involved know each other well. They know one another's moods, the way they react, and there is some trust between them. The latter is essential, as you will see. It implies that there is love in the relationship, that you both care for each other, and are committed to trying to make each other happy and fulfilled.

The strict definition of a household is the occupants of a house. That can include children as well as partners. So, let us get one thing clear at the outset. DD is about discipline between partners. This means adults, and more specifically consenting adults. The DD programme described and explained in this book is absolutely and categorically not about disciplining minors. There are some very well founded reasons why corporal punishment and minors should not mix (see [1], [2]). In many countries, discipline of minors is illegal. For now, let us just say that if your household contains children you must operate a DD lifestyle discreetly. Never expose minors to the acts of punishment, not even as observers. Keep your adult spanking and other discipline behind closed doors. We do not want junior to see mommy over daddy's knee or vice-versa daddy over mommy's knee. Enough said.

1.2 Why do people want a DD lifestyle?

John Gray in his outstanding book, *Men are from Mars women are from Venus* [12], puts his finger right on the problem when he claims that the root of all relationship disasters is communication. He says that when we fall in love it feels magical at first, as though it will last forever. Despite all the evidence to the contrary (divorce rates, experiences of our parents marriages, our friends relationships) we still get married or enter a relationship thinking that we are immune.

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Once that initial magic fades, we either give up or have to start working at our relationship. Gray estimates that of those couples that do manage to stay together 50% of them remain unfulfilled.

Domestic Discipline is a way to rejuvenate the relationship and bring couples together in loving intimacy. It is not the only way to revive a flagging relationship or strengthen an existing one. It works for some people not for others. DD is not a panacea. It can help fan the flames of love but it cannot save a doomed or shipwrecked relationship. In particular, DD relies substantially on the premise of being able to trust your partner. Let's face it, you're not going to allow just anybody give you a whack on the backside, now are you?

The most destructive force in a relationship is the argument. People argue over just about anything: money, friends, household responsibilities, raising children, sex, socialising, etc etc. The list is endless. When a person is already carrying stored up emotional negativity even a slight disagreement can mushroom out of control into a huge war of destruction. Instead of listening to one another, the argument slips into verbal wounding and bitter hurtfulness. Slowly our respect for one another disappears and along with it our love. Even if you don't argue, that stored up discontent will eventually blow. One often reads of couples that outwardly appear like model citizens and then end up in the divorce courts.

A cornerstone of the DD relationship is that discipline replaces arguments. DDers do not argue, well not about the important relationship breaking stuff. They consult the rulebook and submit to discipline. If we do not argue all those hurtful, negative things that kill a relationship cannot gather momentum. Instead, we use the discipline to dispel all the angst. The discipline aims to resolve issues fairly and consistently, dissolving any internal emotional negativity and leaving the participants free to focus on each other. Through that intimacy, love can grow and the relationship deepens and develops.

Domestic Discipline is a lifestyle choice. Devotees recognise that quite often, if a sufficient deterrent does not exist, human nature says that we will take liberties and bend the rules. If your partner is prepared to bend or break the rules, what can you do to save your relationship? The physical element in DD exists to remind people that there are real consequences to actions. Spanking is the main form of discipline but it also plays another key role. Many couples report that, despite what you might think, spanking promotes communication, either at the actual time of discipline or leading up to and post spanking. It is a time when you have to get things out in the open

instead of repressing and building resentment. In short, the discipline grounds emotional negativity and acts as a restorative.

1.3 The vacuum in modern relationships:

Another cornerstone of the DD philosophy is the growing disillusionment with modern partnerships. This stems from the abandonment of the 'traditional' relationship. In past times the roles of partners were well defined, people implicitly understood the 'rules' of the partnership. The man went out to work and looked after his wife financially. The woman was a homemaker. She cooked, sewed, gardened, gave birth and looked after the children. That way seems antiquated now but the merit of it was that the roles of each partner were well defined; they complemented one another and played to both the male and female strengths.

Whether you think those old 'traditional' rules were appropriate is not the point. What is important is the fact that there are now no agreed rules to replace them. The problem is that each person has his or her own expectations of what a relationship should be like but there is no agreed template or anything to use as a benchmark. Most people fall into some traditional allocation of roles. If these roles are not what one of the partners expects the seeds of discontent can grow.

In the past, people knew instinctively what was expected of them. If they fell short of their responsibilities, they were accountable, not just to each other but to society as well. That is not to say that every marriage was perfect, far from it. But, having rules and knowing your role helped people live together. There is a vacuum in the modern relationship. Instead of well-understood roles, political correctness means that partners no longer complement one another. We expect couples to work it all out for themselves. Instead, in many relationships, both partners try to do everything. This often distracts from the real issue of loving, caring for, and supporting one another.

In DD, couples sit down and agree a set of rules. The rules set a common point of reference, foster free communication, and dispel any myths or rose-tinted view of the relationship. This makes it much more difficult for dissatisfaction to fester and for mistrust to creep in and destroy the love that brought them together. Backing up the rules with real consequences, i.e. discipline, continually recalibrates the relationship so that it does not drift too far away from what each partner wants. In principle, this constant rebalancing brings harmony and allows love to grow.

1.4 The stylised forms of DD:

Advocates of DD argue that, when implemented correctly, the loving, consistent use of discipline acts in a positive way to enhance communication, deepen intimacy and reinforce relationship commitment. We do not claim that any of this is not possible by other means. People visit counsellors and marriage guidance experts all the time. What distinguishes DD is the physical discipline. In later chapters, we emphasize other factors of the male-female equation and attempt to explain how DD and particularly the physical side can bring couples even closer together. For now, here is a statement to summarize what we have learned so far.

DD is often seen as a stylised form of 'traditional' relationship intended to help a partner overcome negative behaviours that harm themselves, their relationship or others. In creating loving limits to their behaviour and firm consequences for harmful activities, it aims to improve the relationship over time and demonstrates a loving connection and physical correction from a caring partner.
(modified from Wikipedia,[3])

In many DD contexts, you will see that the partner identified as overcoming their negative behaviour is female. Don't be put off by the reference and implication that it is all about sorting out the 'little woman'. You have to be prepared for that type of language in the DD community [18]–[24]. Statements in chat rooms and blogs on DD can be extremely forthright [26]–[35]. You can almost picture the grizzled old Major saying something like *'what that filly needs is a damn good spanking.'* These stereotypical viewpoints cater to a large contingent of DDers that really do want to turn the clock back and have the type of relationship you see in C.S. Forester novels, or Georgette Heyer mysteries. To a lesser extent, there are women that like to be in charge and men that want to defer to them. For example, imagine a group of women discussing the latest exploits of their husbands. When some shocking secret is revealed, one of them confides, *'in my house, dear, he'd be over my knee for a dose of the hairbrush.'*

In practice, a modern DD relationship falls somewhere between these two extremes. All that DDers advocate is a lifestyle choice for people seeking a fulfilling relationship. If we look beyond the emotive language, then what the statement is trying to say is the following. The very nature of a man or woman's psyche creates certain types of

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behaviour that are damaging to relationships, to people outside relationships, and can backfire on themselves in terms of guilt, alienation, repression, and in extremis physical self-harm. As we all know, actions have consequences. The caring partner uses the discipline to null out these deleterious effects, keeping an individual well balanced and allowing them to ground their negative hurtful feelings. Over time this support, understanding, and commitment between the two of them creates a deep bond.

Before reading on, take a few minutes and see if you can think of any negative behaviour for your partner. A negative behaviour is anything you consider detracts from your relationship or the view people have of your relationship from outside. Harmful activities are things that physically or emotionally damage your partner.

Not as difficult to find things as it sounds, is it?

1.5 The Head of Household (HOH)

Normally in a domestic discipline relationship, there is a Head of Household (HOH). One partner defers to the HOH in all matters regarding the rules of the partnership. It is the HOH's responsibility to apply the rules fairly and consistently and to maintain order by applying the discipline. Notice that the HOH is not gender specific. There are DD households where the man is the HOH, and vice versa, where the woman is the HOH. In gay and lesbian relationships, the HOH is normally the one that displays the most masculine characteristics (see Chapter 2).

The primary mechanism for enforcing the rules is spanking. Spanking is a traditional disciplinary device but there are some good reasons why spanking can also be beneficial (see Chapter 4). Everybody knows what a spanking involves – a series of slaps on the buttocks. It can be mild or severe. The HOH takes responsibility for administering the spanking and will have to learn how to do it properly, fitting the level of punishment to the transgression.

The deferring partner accepts that the HOH has the right to administer punishment and submits willingly to the discipline. When the discipline is given in a caring, loving manner, the resultant relationship is far stronger. Done poorly the relationship fails to improve and in some cases might get worse or even break up. One of the objectives of this book is to help you get the balance of your DD relationship right so that you can enjoy the positive effects.

1.6 DD and feminism

The feminist movement formed to counter discrimination in old traditional marriages. Quite rightly, feminists pointed out the injustices of sexism and the poor position women found themselves in because of social restrictions and financial dependency. The world is now a far better place. For the most part women are better off. A DD relationship is consensual. A woman does not have to take the role of the one receiving discipline. If she does take on that role, she does it willingly. As indicated already, there is a sizeable community where the HOH is a woman and the man receives the discipline (see [25]).

Many people denounce DD as an outdated concept designed to turn back the tide of feminism. What they are saying is that DD wants to put the little woman back in her place. DD seems on one level, at least, to challenge the feminist agenda. Many of the blogs and websites on DD tend to reinforce this view. Some of the stereotypes do little to dispel feminist concerns. Posts on these sites range from fulfilled women enjoying their partner being masterful to painful self-confessions and cringe worthy diaries. In this book, we try to bring the DD concept up to date and re-affirm the benefit such a lifestyle can have on relationships.

Feminists would be right to criticise DD if it were trying to make sexist legislation. That really would be trying to turn the clock back. There is no sexist bias in DD. The fact that so many women want to opt for the traditional form of DD perhaps says more about our current society than it does about DD. A recent university study of 5,000 married women found that the most fulfilled wives were ones that felt that their husbands were emotionally engaged in the relationship and considered their marriage as a long-term commitment [University of Virginia]. As it turned out those husbands were also the main breadwinners.

Feminism gives women opportunities, choices, and legal protection from abuse. It is up to them how they choose to exercise that freedom. Sadly, a small active minority seems to have hijacked the feminist agenda. All too frequently, one hears of career women ridiculed because they want to give up work and stay at home to raise a family. Alternatively, women can encounter derision from friends because they feel more content, valued, and protected when deferring to their husband. Many women are beginning to come round to the idea that giving up a bit of control isn't so bad after all. That is not the same as giving up the right to have the control in the first place. Many women have realised that they are trying to do too much, slowly running

themselves into the ground. The real secret from those more sexist times is that men did not do everything and never tried to do everything in a relationship. They expected a partnership.

1.7 What types of people are attracted to DD?

This is a very difficult question to answer because there is such a wide range of scenarios: from young to older couples, gay, lesbian and other long-term relationships. Each partnership is different and as the increasingly numbers of blogs on the internet shows, each one places different nuances on the subject. The type of people willing to work in a DD partnership are many and varied, ranging from professional to manual workers, different social classes, and different educational backgrounds. The stresses of work are much greater now than they have ever been. Some people make decisions all day but at home are too exhausted to take on the additional partnership duties. Often they make their partner the HOH by default.

Older couples have a predisposition to form DD relationships. The ideals of marriage and relationships were far different when they came together than today. Although there is often a clearly identifiable HOH in older relationships, physical discipline might not be a large part of the process. Younger couples come to DD because they do not have the same framework as older couples. They look back at their parents' marriage and want to copy the style.

Every partnership has its secrets. If you were to pull the lid off the relationships of your friends and neighbours, you would be surprised at what you would find. For example, the probably apocryphal story of a young man that brought his new girlfriend home unexpectedly one night to find his parents cavorting in bondage gear on the lounge carpet. It came as a total shock. He had never suspected anything even though he had lived there for twenty years! Alternatively, the story of a friend who calls to see a neighbour only to encounter the husband wearing a frilly dress, feather duster in hand. Those examples are extreme. In comparison, introducing private spanking into your relationship is rather mild. For the most part, this book refers to mainstream DD practices. For the more adventurous, Chapters 8-10 consider some other discipline techniques.

A large section of the DD community comes from home and family backgrounds where old style discipline was the norm. Many a tale abounds of the fresh-faced college student suddenly living away from home and missing the boundaries of home life: curfews, bedtimes, expected hygiene and dress codes, and perhaps physical discipline as

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well. Life is tough when you are making the transition from adolescent to adult. Indeed, some early advocates of DD suggested that singletons (mainly young single girls away from home) should find a caring sponsor, like an aunt or uncle or trusted friend of the family, to dispel discipline. The rather simplistic idea was that young people feel disorientated at first, having to think for themselves and police their own boundaries for the first time. Some go off the rails. Others evolve a new sense of balance. Many feel a sense of loss.

Of course, in some cases previous experience of home discipline may have been abusive or bordered on abuse. Psychological issues (such as imprinting, see Chapter 2) may act subconsciously to push your partner towards a disciplinary lifestyle. If your partner is in this situation, they will need a lot of emotional support. It takes an immense act of courage for someone to come to terms with and ask for help in these situations. That is why DD is a relationship lifestyle, you need to understand and trust your partner. A domestic discipline relationship is not something that you should enter into lightly or on a whim.

1.8 Historical precedence

The basis for modern DD stems from two separate strands of historical precedence. On the one hand, we have the ancient view that the act of corporal punishment (CP) could act as a restorative [8]. On the other, the acceptability, until very recently, of spanking as a disciplinary device for public order offences, within a household to discipline slaves, maids, children, and of course, wives. At one time, it was also common for the church to dispense what it called 'holy obedience' a euphemism for CP to promote the confession and expiation of sins.

The curative form of CP (or spanking) stems from observations that pain can act as a stimulant and restorative. In ancient times, people believed that evil spirits caused diseases and aberrations of the mind. The idea was that beating the flesh drove the spirit and hence the ailment from the body. From this notion came the general idea that spankings could cure all manner of ailments, from insanity to small pox, from bowel problems to infertility. In Ancient Greece, a woman who had not conceived in the first few years of marriage would visit the temple of Juno, in Athens, to be cured. This consisted of her stripping naked and lying prostrate face down, to be flagellated on the buttocks by a priest [9]. The Romans also thought that whipping a woman on the bottom would help her conceive and since this was

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their primary function, most brides-to-be welcomed the idea. A spanking on the bottom, so the theory went, would also help a woman with the delivery of a child. At the festival of Lupercalia naked men danced through the streets beating any woman encountered with leather straps.

It seems that our forbears fully understood that spanking could have therapeutic as well as painful effects. Indeed, medical journals continued to report the advantages of such 'medicinal' techniques as late as 1839. We now know that a vigorous spanking causes the release of adrenalin and endorphins. This can reinvigorate the body for a short time and give a feeling of well being. This, together with the idea of atonement, makes spanking a powerful therapeutic tool.

Naturally, the idea that punishment could cure all sorts of maladies extended to disciplining wives for fits of anger, pique, and general disobedience. Up until the middle of the 1800's a husband was regarded as legally entitled to discipline his wife with corporal punishment; provided the rod was not too thick (a man's thumb width). The Koran also advocates the chastisement of disobedient wives. Lest we think it was all one sided, Roman women, it seems, were particularly severe at meting out punishment to their female slaves often on very flimsy grounds (such as the failure of the husband to perform the night before, or an imagined slight, or personal disappointment). The Council of Elvira became so concerned that it issued an ordinance to punish the mistress by excommunication if a female slave died (before the third day), because of a lashing given from fit of anger or madness!

In most marriage ceremonies there is still some idea that a daughter is 'given away' by the father and until very recently pledged to 'obey' her husband. Wives were chattels and couples married for class and monetary reasons rather than just for love. A woman's lot was to bear children, to provide an heir. They were dependent on their husbands financially. A woman widowed, or ostracized by her husband or family was in very difficult straits. This form of relationship is still very much in the psyche of the population. Romance fiction with these themes continues to sell heavily across the western world. It seems that many still identify with the honour, duty, commitment, and limitations of those traditional relationships.

Domestic discipline in the current form dates back to the now famous Spencer Spanking Plan, where the phrase – spanking with love – first appeared. The plan was supposed to result in martial bliss. Published in 1936 by Mrs Dorothy Spencer it defined when it was acceptable for a husband to spank his wife and vice-versa when a

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woman could whip her husband, a daring proposal at the time. Here whipping refers to spanking with the paddle or the use of a strap. Prior to that, men did occasionally allow themselves to be spanked, mainly as a cure for sexual impotency or confession of sins. In Roman times, girls would beat naked men with twigs to open up pores and evacuate the bowels at the communal baths (which were often also brothels). Spanking houses were also popular across Europe, where a vigorous fustigation was supposed to 'warm-up' a client.

The Spencer Plan advocated that spankings were never to be given in anger but rather in love. Women were to be spanked and never whipped. The plan also clearly defined when a man could spank his wife and when a woman could whip her husband. One leather goods store reputedly sold 297 whips in one day just after the plan appeared. Some devotees point out that the US divorce rate dropped by 37% in the few years after its publication. In fact, the plan was so successful that clubs were formed to promote it and adverts for paddles and whips could be found in the yellow pages until the 1950s [9]. Since then of course we have had the telecommunications revolution. Information and similar interest groups are no longer difficult to find and, thankfully, people are now much more willingly to explore their personal boundaries.

1.9 Frequently Asked Questions

The previous paragraphs have tried to give a flavour of what a DD relationship contains. It will take the rest of the book to explain the philosophy in depth and provide guidance on how to set up and run one effectively. In this next section, we try to answer the main issues people raise when thinking about DD for the first time.

Can there be more than one HOH: well, under the strict rules, there is only one HOH, that is what the term means. This is because there has to be one final arbiter. In a modern DD relationship, there is no reason why the partners cannot share the role for enforcing a disjoint set of rules. The main problem is that it becomes difficult to internally separate your roles. Of course, both partners have to enforce the discipline, which can be interesting!

Am I bad wife or husband if I don't do DD: absolutely not. DD is a lifestyle choice. It helps some couples resolve their differences. If it is not for you and your relationship is under a bit of a strain, try another form of guidance. See a therapist or marriage counsellor or read up on other ways to heal a relationship (see [12]).

Is it part of being married? in most western countries, the days when a man was legally entitled to chastise his wife have long gone. Everything in a DD programme is consensual. If you don't want to do it, you don't have to do it. However, once you make that lifestyle commitment the assumption is that you will participate fully. Depending on your faith, the marriage contract may have things to say about what is required of a husband and wife. Usually much is open to interpretation. Some of the more fundamentalist religions have strict rules. If you are worried, consult with a cleric or someone that is an acknowledged expert in the teachings of your faith.

My partner says it is part of religious duty: many people do use religious dogma, particularly Old Testament texts, to justify a DD relationship [20]. Often that extends to their views on disciplining minors as well. Equally, there are those that say these people have been overly literal in their interpretation of God's word. This is probably more about them wanting to assert themselves as the HOH rather than anything tied to fact (see previous question).

I'm a feminist how can I participate in DD: I once saw the following phrase on a T-shirt, *'Just because I like a good spanking doesn't mean I'm a bad Feminist,'* which just about sums it up. You can participate in DD with a clear conscience in either role. In submitting to discipline, all you are asserting is that there are negative parts of your character that need restraint. Work with your loving partner to develop a set of rules you are comfortable with and that can reduce these destructive tendencies. If you find the idea of deferring to your partner and that submitting to discipline makes you feel more cared for and balanced, what is wrong with that?

I'm in a gay or lesbian relationship: although this book is written from the view that the partners are male and female that should not stop you enjoying a DD lifestyle. The English language is a bit short on personal pronouns in this respect. We adopt a male-female style to keep the text uncluttered and readable. In some ways, making your relationship work is more difficult than for a straight couple because you do not have the gender stereotypes to fall back on. Chapter 2 explores a more general philosophy about male and female energy that is less to do with body type than psychology and feelings. Once you have identified your psychological type, you can fit yourself into the appropriate role and read accordingly.

Do we really have to do the spanking bit: well, yes, if you are calling it DD. As you will find out, there are other forms of discipline within the full DD programme. You could use more of those instead but spanking is a core part. The spanking is not just about punishment.

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True, it is supposed to deter you from repeated transgressions but spanking also plays other roles in discharging negative emotions. Done correctly, spanking can be quite beneficial (Chapters 4 and 5).

I'm not really that submissive: DD asks you two questions. Can you agree a set of relationship rules and can you obey them. Most of us can do that, we obey the laws of our country and observe society conventions. It should not be that difficult behind closed doors in your relationship. Remember, you get to contribute to the design of the rules. Complete subordination is not required. Usually, the real concern here is about the discipline. Every newbie is apprehensive about that. Talk about it with your partner, edge into it slowly and learn together. That experience itself will bring you closer together.

I'm worried that my HOH will go too far: one of the reasons DD is applied to a long-term relationship is so you have some idea of what your partner is like. You are going to have to learn to trust each other. Building that trust is one of the biggest outcomes of entering a DD programme. It is impossible to guarantee that the spanking will not cause discomfort. That is part of the deterrent. If you are first timers, there are ways to edge into the discipline and to find your limits. One of the doctrines of safe spanking is never to spank in anger or when not in full control of your faculties. Applying the same principle to all forms of discipline is good advice.

I'm frightened that I will hurt my partner: as a HOH you have the responsibility to see that the discipline is dispensed. The key is to know your partner's limits. This can take time to develop. Identifying your limits together will bring you closer. The discipline has to be rigorous enough to make a lasting impression but not over the top. Gauging the edge is tricky. Not enough and your partner will be frustrated, unable to discharge all the pent up emotional energy. Too much and you will build resentment. By allowing you to dispense discipline, your partner is already showing a great act of trust. Start slowly and learn to discipline your partner properly. Work with them to find that edge. In itself, this will build a loving connection.

This is really just an excuse to be kinky right: wrong. Practitioners of domestic discipline argue that it is distinct from activities such as erotic spanking, domination, and submission. In DD, the focus is on the restorative factors of physical and mental well being. One of the side effects of the DD programme might be that your stronger more secure relationship makes you feel more committed to one another and as a result makes you more adventurous. Consensual spanking is a huge area on its own (see [5]). Chapters 8, 9, and 10 offer some alternative things to try if you feel like being a bit more daring.

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Isn't this just another form of BDSM? BDSM is shorthand for Bondage Domination and Sadoomasochism. Bondage means allowing yourself to be tied and restrained. Nowhere in the DD definition does it say that participants have to agree to this. However, some partners do allow mild restraint, mainly for safety reasons. The HOH looks like they are in the dominant position but in BDSM a true submissive will submit to anything the dominant requires. Indeed, pushing a partner's limits is one of the key aspects of BDSM play. In DD relationships, the boundaries are clear from the moment the rules are agreed.

If you are in a BDSM relationship then you might already follow quite a lot of the guidelines from DD using other forms of discipline. The opposite is not true. Being in a DD lifestyle does not mean that you automatically want to participate in BDSM activities. If this is what your partner thinks, they are confused about DD, or want to do something else. Thus, it is important to discuss the rules and discipline regime before agreeing to participate. If domination play is something that appeals then you can add it to your DD programme but it is not essential. Chapters 7 and 10 outline some mild alternatives.

The Sadoomasochist part of BDSM really sets it apart from DD. In Domestic Discipline, the punishment is always proportionate and aimed at physical correction for transgression of rules or the grounding of negative emotion. There is no concept of enjoyment by the HOH or the other partner. It is a necessary activity to strengthen relationship commitment. In S&M the participants enjoy the giving and receiving of pain and often cannot obtain sexual fulfilment without it. Many practicing DD couples keep their discipline and sexual matters completely separate. Even when discipline does extend to the sexual part of the relationship, it is as a therapy to overcome some specific issues.

Isn't this just an excuse for covert abuse? Absolutely not! Admittedly, allowing someone to physically discipline you does set the alarm bells ringing. That is why there are explicit rules as to how discipline is given and limits to the levels of discipline agreed. Provided the HOH knows what they are doing, and the severity of the discipline is controlled, there should be no lasting or long-term physical effects. Other forms of physical violence are abhorrent to a DD practitioner. The goal of DD is to form a loving connection with your partner and to deliver physical correction in a caring and sympathetic manner. This rapport is not possible if the punishment is forced or so severe that it creates resentment. Anybody that wants to assault his or her partner really is missing the point of DD. If that is what your partner sees as the goal of DD then get out of your

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relationship, report them to the authorities, and get them some counselling.

Is it legal? The answer to this depends on where you live. In most western countries, non-consensual corporal punishment is illegal. With DD, the emphasis is on safe, sane, consensual and proportionate activities where both partners are adults and have agreed to participate. Nevertheless, in some places, even consensual acts can be illegal. Usually, the types of things covered are extremely nasty sadomasochistic activities, far beyond anything you will read about in these pages. If you are worried, check out [4] and/or consult your local laws and customs.

1.10 How to use this book

When the Spencer spanking plan first appeared the idea of marriage and relationship was very different than it is today. Indeed, to suggest that a husband should submit to a wife was radical and daring. Today there are civil marriages where the contract is less rigid, same sex ceremonies, and many couples just decide to co-habit. Even when couples do marry in church, the words are just a ritual, a rite of passage, a public event simply to invite friends and to declare that they are entering into a longer-term commitment. Often people don't even consider obeying their partner.

Some people are looking for guidance, for someone to tell them when they have gone beyond the limits of what is acceptable. Others just prefer that old style marriage contract, where each partner knew what their role was. The clear boundaries, the demarcations of roles in a 'marriage' relationship have blurred. The rules in a DD relationship bring these roles back into focus but in a modern way. In this book, we discuss how to bring authority back into your partnership. This text should be enough to get your relationship started and to understand the intricacies of DD, where you go after that is up to you.

Another objective of the text is to bring the philosophy of DD up to date so that it is relevant to a generation that has grown up with equality and sexual freedom. Tempting as it may be to just rush onto the detailed chapters on DD, try at least to read the early chapters and anchor your relationship with some ideological framework on which to build your lives. Ideally, give the whole book a quick read through front to back. Once you have formulated your rules and start your DD lifestyle, keep the text handy as a reference book.

CHAPTER 2 *Philosophy and Psychology*

The next few pages develop a modern interpretation of the domestic discipline philosophy. This will allow you to underpin your DD activities with a theoretical basis and not just the rather flimsy notion of harking back to traditionalism. The idea is that by understanding more about what it means to be human, we will be able to understand what we are trying to achieve with a DD programme. In particular, you will begin to see that discipline is not just a punitive act but can also be a loving, caring activity.

Since some of these topics are rather abstract, this chapter is broken down into a number of sections. First, we consider the general idea of male and female energy. Next, we introduce the difference between physical gender and psychological gender. After that, we focus on the theory of human nature underpinning much of modern psychotherapy. Bringing everything together, we identify how the elements of a DD programme work to restore harmony by grounding negative emotional energy.

2.1 Male and Female Energy

Let us start with the idea of the masculine and the feminine. Many eastern philosophies maintain that the universe is a mixture of competing forces that strive to stay in balance. In Chinese philosophy, for example, there are two basic forces of nature, yin and yang. Yin is essentially a passive female principle of the universe while yang is the active or male principle of the universe. You may recognise the ancient Tai Chi symbol in Figure 2-1 (on the left) from alternative therapies such as acupuncture or reflexology.

The symbol is actually a calendar built from observing the movement of the Sun. The dark area is yin (or the Moon), while yang is the light area (or the Sun). In ancient Chinese philosophy, the universe is in a state of constant change. Every day it is slightly different. Each change happens easily and is barely noticeable. By observing these changes over long periods, Chinese philosophers

noticed that patterns emerged to form cycles. That is why the Tai Chi symbol is a circle. As you move around the circumference, you follow the seasons. Things change, grow and wither, before returning to the starting point where it all begins again.

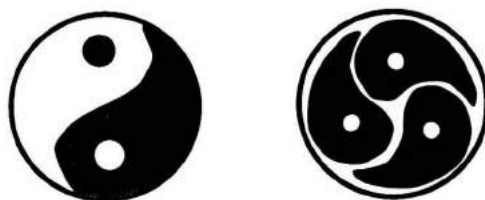


Figure 2-1 Tai Chi and BDSM symbols

The basic philosophy is simple. Yang could not grow without yin. Yin could not give birth without yang. The two are intimately connected, each contains a bit of the other. The basic cycle is the ebb and flow of female and male principles. The two of them stay in balance. Their only purpose is to complement each other and to bring life to the universe. Sometimes the universe has more male characteristics at other times more female characteristics but neither of them can dominate for too long before the balance rights itself.

The more recent BDSM symbol on the right of Figure 2-1 has a variety of meanings. First, the three sectors represent the three divisions of BDSM: Bondage and domination, domination and submission, sadism and masochism. The second interpretation identifies the watchwords of alternative lifestyles: safe, sane, and consensual. A third meaning recognizes the three psyches of alternative living, the dominant, the submissive, and the switch. The idea is that all these facets are present, to a greater or lesser extent in all of us and what we seek is a balance between them. The dark represents the hidden depths of alternative sexuality while the light shows that none of these facets can be complete without another person. A dominant cannot dominate without a submissive. A submissive cannot submit without a dominant.

Like the Tai Chi and BDSM symbols, our partnership is supposed to fit together like hand and glove. That is exactly what a relationship is, two competing forces (you and your partner, yin and yang) trying to stay in harmony and balance both internally and externally. When we are in harmony life feels good, better than when we were single. When everything is in balance, we both feel loved and needed by our

partner. When things get out of balance, we lose the rapport and disharmony grows. Domestic Discipline is a method to stop the disharmony growing by constantly rebalancing the relationship.

2.2 Male and Female Psyche

Flow and change are essential features of nature but there are also constant patterns to these changes that we can observe in men and women. Huai Nan Tzu, a philosopher of the second century BC wrote the following [10]:

He who conforms to the course of Tao, following the natural processes of Heaven and Earth, finds it easy to manage the whole world.

Our objective is a little narrower in scope, we just want to manage our relationship, but the principle is the same. Tao means the way, or way of life, that leads to harmony with your surroundings. Heaven and Earth refer to the above and below, the light and dark, the yin and the yang. Yang is the strong male, creative power associated with heaven. Yin is the dark receptive, female and maternal element associated with earth. Yang is the clear and rational intellect, strong and drawn to creative action. Yin is contemplative, complex, and intuitive.

The extremes of nature give us a stereotypical view of the human species. If you happen to have a muscular upper body, a penis, and testosterone flowing round your system you are male (or yang). If you are soft and curvy, have breasts and a vagina, with mostly oestrogen flowing in your body you are female (or yin). Just like yin and yang, we expect the male body type to follow an active, go-getting lifestyle, while the female body type is expected to be more passive and nurturing. This is where our traditional relationship comes from. It seems that there is something natural and fundamental about it. The problem is that it does not fit with the modern day perception of relationships. The reason for this is that nature is not black and white. Yin and yang is not confined to one gender. Everyone contains both yin and yang.

Think about it for a moment. There is a continuous range of human types. At one end is the alpha male and at the other the centrefold female. A huge range of body types exists in between. There are butch women and effeminate men (some transvestites for example can look like supermodels). There are hermaphrodites with both sets of sex

organs. There are men with breasts and women with testicles. Papers and magazines are full of articles about Alpha-males, Alpha-females, metrosexual men, and so on. Put simply, physical body type is not necessarily a good indicator of your psyche.

Every one of us is a mirror of the symbols in Figure 2-1. Each of us carries a combination of male and female energy. With the classic female body type, the dominant energy is yin. In the classic male body type, the dominant energy is yang. In a transgendered person, a male body can have dominant yin energy and vice versa, a female body can have dominant yang. You have probably heard references to men getting more in touch with their feminine side. Each person is a delicate balance of yin and yang. As they go around their cycle, the balance waxes and wanes. The internal balance is constantly being disrupted and then restored. As people go through these gradual changes, barely noticeable from one day to the next, the effects manifest themselves in negative and positive behaviours.

Gray recognised a similar thing in [12]. He identified two different behaviours of men and women. He said that men were like rubber bands alternatively pulling away from the partnership and then snapping back into a loving, caring mode. Women were like waves, alternating between giving and nurturing on the one hand, and needing love and appreciation on the other. According to Gray, the key to understanding relationships is familiarity with the cyclic behaviour of your partner and choosing the right time and right way to communicate so that unintentional misunderstanding is avoided.

In DD we use rules and discipline as a method to synchronise our cycles and avoid hurtful actions. We start by studying our partner and recognising which type of energy is dominant. This might be straightforward when a person fits a natural stereotype like the sports jock or the girly girl but is much more difficult when the forces are more balanced. This is why DD cannot rely on physical gender. Gay or lesbian couples have the same body type but psychologically different balances of yin and yang. As long as the male and female forces in both partners complement each other, a harmonious relationship can result. That is why you need to be in a relationship for DD to work. You need to observe moods and behaviours and get to know the psychological make-up of your partner. In turn, the different mixes of yin and yang in one partner can counterbalance the other.

2.3 Human Nature

Once you understand the dominant energy type of your partner, the next step is to chart their behaviour cycle to see how it waxes and wanes (more about that in chapter 3). First, you need to learn a little bit about human nature and our ability for instinctive behaviour. Although there are many competing theories (see [11]), we focus here on Sigmund Freud.

You may have heard of Freud through his work in psychoanalysis and on the interpretation of dreams, his essays on sexuality, or the psychopathology of everyday life. Freud has become a very controversial figure within the psychology community but all agree that he made great steps towards our understanding of the human condition and how to treat what are considered ‘abnormalities’ of the mind. Modern day psychotherapy has developed from his theories. In particular, he pioneered the use of discussion (or therapy) to bring unpleasant memories or views into the conscious mind so that they could discharge the corresponding emotion. Modern day relationship counselling works in a similar way, by getting the parties to communicate, recognise their grievances, get things out into the open, and then to reconcile and move on. In DD, we use rules and discipline to help define the boundaries of what is acceptable in the relationship so that miscommunication and resentment do not build up. To understand why this approach works you need to understand the structure of the human mind.

Freud was one of the first people to connect the physiological structure of the brain with the psychological structure of the mind. In his theory, there are three structural levels. The first level is the *id*, which contains all the instinctive drives that seek immediate satisfaction. Your body is hardwired to the *id*, influencing it with a mixture of chemical changes, hormonal triggers, and electrical impulses. For example, when your stomach is empty, you think *I want to eat*. The next level is the *ego*, which deals with the real world beyond the person, and essentially mediates between it and the *id*. That is, when you think, *I'm hungry* the *id* says *you can't eat now because the sandwich shop is shut*. The third level of the mind is the *super-ego*, which is a special part of the *ego* and relates to conscience, social norms, and conventions learnt through childhood. The *super-ego* is the moral centre, if you like, that supervises the *id* and the *ego*. So, for instance, your basic body drives (or *id*) may tell you that you want to have sex with someone you see while out shopping. Your *ego*

tells you that doing it in the shopping mall is probably not a good idea. The super-ego tells you to check that he/she is willing and not in a relationship.

Instincts and drives create the mental 'energy' of the mind. Freud believed that we had a few basic instincts and that these derived all the others. The two base instincts were Eros and Thanatos. Eros or the life instinct included self-preservation and erotic instincts. Thanatos or the death instinct referred to sadism, aggression, self-destruction, and other harmful activities. These instincts combined in various ways to generate all our emotions and drive thoughts into the conscious mind. Freud maintained that some thoughts could be unconscious. We might not be aware of them but they were still in our heads. Such thoughts were likely to occur when a person suffered a traumatic event that created a conflict between the various parts of the mind. The key is something that conflicts between a physical reality you cannot change and what you would want to happen. Consider a gay person who is unable to come out. The conflict here is between the inner drive of attraction to the same sex and their perception of how friends and family will take the news.

In a situation of extreme internal mental conflict, a person experiences instinctual impulses that are greatly incompatible with the standards to which he/she feels they must adhere. Unable to resolve the conflict they put it out of consciousness, mentally running away from the situation. It is an instinctive defence mechanism to prevent the mind being in conflict with itself. Many neurotic illnesses operate in this way. Freud called it repression.

Those experiences or thoughts have not gone away. The conflict is repressed but it can still affect the conscious mind. The instinctual energy is still there and tries to make contact by sending disguised signals, which manifest themselves as neurotic symptoms. Such symptoms can be mild to severe. The idea of modern psychotherapy is to flush out these unconscious thoughts and reconcile them with the conscious part of the mind, effectively grounding the instinctual energy. In relationship counselling, the idea is that one or both partners have some repressed feelings and thoughts because they cannot communicate them to their partner for fear of disappointment or hurting the one they love.

In a rather more controversial vein, Freud also maintained that the development of human character depended on childhood experiences. In particular, he postulated that experiences in infancy or early childhood laid the basis of individual personality. He developed a

theory of sexuality based on oral, anal, and phallic stages. You might have heard of somebody being ‘anal’, or ‘anally retentive,’ that is all down to Freud. Put simply the Eros side (or unconscious sexual urges) in a child could form conflicts with their perception of the outside world and the moral guidance given by guardians or parents. The resulting repressed memories and emotions find their way out in idiosyncrasies (perversions or kinks) in later life.

Much of the controversy surrounding corporal punishment and in particular spanking of children comes from this concept. Spanking can create erotic feelings and the rituals of punishment can be traumatic for the youngster. Corporal punishment, especially unrestrained punishment, can imprint behavioural patterns on the immature mind. This is the reason why we advocate restricting the idea of domestic discipline only to consenting adults. An adult mind is already mature. The chances of psychological damage by participating in domestic discipline are minimal. Having said all that, systematic abuse is a different matter. Even the most well balanced individual can be affected if the events they experience are traumatic enough. That is why the level of discipline in a DD programme is limited, consensual, and proportionate.

2.4 Harmony and Balance

Now we are in a position to link the idea of cycles and energy to the philosophy of domestic discipline. In Chinese medicine, any illness or negativity comes down to an imbalance between the two basic forces of yin and yang. Different organs (including the brain) also contain yin and yang. The flow of chi, or vital energy, maintains the balance between all the different parts of the body. Energy flows through the organs along so-called meridians. Each organ has an associated meridian. When the flow of yin and yang is blocked, the body becomes ill.

In terms of the mind, we might say that a conflict causes a blockage of the instinctual energy, leading eventually to negative, harmful thoughts and behaviours. If left unchecked the result can develop into mental illness. In DD, we address only mild forms of blockage such as resentment, mistrust, and disrespect. When a couple do not communicate, they repress their dissatisfaction. For example, when a partner leaves the toilet seat up, or dirty clothes on the floor, or fails to match up to your concept of the ideal spouse, internal mental conflicts start to form. What you should do is say something about it, challenge

them, but instead you swallow it down thinking it will go away. Guess what, it doesn't. That little act of repression festers away, building, and adding to others until it blocks your instinctual energy. It comes out in other ways, negative ways, like arguing or doing something you will regret later, or breaking the rules of your partnership.

Conflicts in relationships can ambush you at any time. Suppose you are out one night and your partner looks at a pretty girl or flirts with a handsome guy, you might not say anything but your basic jealousy drive blocks up some of that instinctual energy. Alternatively, your partner might not act respectfully towards you in the presence of friends or family but again you don't say anything. Instead, something festers at the back of your mind. It might take years before there is enough blocked energy for it all to come out. When it does, you are in for the mother of all dust ups. DD advocates that you do not let things get to that stage. Instead, a discipline regime is used to continually ground that accumulating repressed energy.

In Domestic discipline, we use rules to identify behaviour that will press our energy blocking buttons. This allows the rational or conscious brain to recognise the conflict and drain the emotional energy. So, for example, if your partner leaves smelly socks on the floor, you can have a rule against it. When they do it, maybe even unconsciously, they know that they have transgressed a rule and that it would press one of your blocking buttons. When you see the socks on the floor and the internal conflict starts to form, your conscious mind can resolve matters because you both know that a transgression has occurred. Through the rules, you have communicated. There will be some discipline too, which trains the body not to transgress again.

Another source of angst occurs when your natural cycles fail to mesh. He might be at the extreme end of a 'male' cycle while you are in your 'needy' phase. He spends days out with the boys, or goes on a business trip, while you are home desperately wanting a cuddle and needing his love for you reaffirmed. Likewise, when you are in your helping/nurturing phase busy with the PTA or the local fete, he is down in his negative phase looking for reaffirmation that you still need and love him. You cannot tell your partner not to help with the PTA or stop them seeing their friends but internally you want to – up popped another conflict, blocking that emotional energy. In these situations, we use the discipline as a restorative.

There was something special about those last examples. Neither partner was at fault but you still generated some emotional negativity. Another form of blocked energy is guilt. Suppose your partner starts

ignoring you and acting secretly. Thinking he is being unfaithful, you ring his office, pester his secretary and other friends until you find out that he has organised a surprise birthday party for you. Now you feel doubly guilty, first for not trusting your partner, and second because telling him would be hurtful, especially after he has just reaffirmed his love with such a nice surprise. Alternatively, suppose you see an item of clothing when you are out in town, you can't afford it but buy it anyway. You don't want to tell your partner because you know they will be disappointed. So, instead, you end up feeling guilty because you know you should not have indulged and also because now you are not being truthful with your partner. No rules have been broken but you still harbour repressed guilt.

Domestic Discipline provides a mechanism for you to forgive yourself and expiate that internal guilt. Chinese medicine advocates a system of healing based on unblocking the meridians along which vital energy flows to maintain the balance of the body. You have probably heard of acupressure, acupuncture, reflexology, and a whole host of other alternative therapies. In DD, we use spanking in a similar way. The act of spanking works on two levels. Physically it stimulates the body and unravels that emotional energy. Second, at a psychological level, it helps to promote reconciliation between the various levels of the mind. To appreciate how this is possible you need to understand the physical aspects of spanking discussed in Chapter 4. For now just accept that a properly given spanking can result in a mental state of well-being which reduces stress. Other forms of discipline can be similarly effective. It all depends on what is going on inside your head.

2.5 Summary

So what have we learnt about domestic discipline in this chapter. First, that a basic function of nature is the balance between male and female forces. These forces ebb and flow constantly but from them emerge basic patterns or cycles that we can identify and follow. Each of us contains these basic forces. They flow within us creating behavioural cycles that lead to both positive and negative behaviours.

A successful relationship requires that you know the balance of these forces within your partner and understand their individual cycle so that you can properly interpret their behaviour. Our thoughts and minds connect to this instinctive energy through the basic drives of love and hate. When our basic instincts conflict with the conscious

external and moral views of the world it creates repression that can fester and come out in a variety of undesirable and negative ways. These negative actions and emotions can affect our relationship.

To keep our relationship balanced and in harmony, it is necessary to purge this negative energy from our system. In a DD relationship, we take an active role in managing the way our cycles affect one another, the relationship, and our behaviour, thus helping each other to stay in balance. It is through this commitment that love grows and leads to a deeper more committed relationship. The way we achieve this harmony is by defining rules that make it easier for us to handle internal conflicts arising from our day-to-day lives and so avoid the repression of negative feelings. Physical discipline reinforces the rules, drains feelings of guilt, and grounds any negative energy that does accumulate. Done correctly this makes both partners feel loved and needed, bringing them closer.

CHAPTER 3 *Identifying Behaviours*

Chapter 1 defined the goal of DD as helping to *overcome negative behaviours*. These behaviours can affect your partner, people outside the relationship, or yourself. Chapter 2 explained how these behaviours resulted from internal conflicts between our basic desires and their incompatibility with the external environment including our relationship. In this chapter, we explore how these negative behaviours appear in everyday life.

For someone with a predominantly male psyche, positive behaviour may include strong active, go getting, rational activity (e.g. the yacht sailing, fast cars, no-nonsense man's man type behaviour that attracts a mate). For someone with a predominantly female psyche, positive behaviour includes strong nurturing, support, and giving that places emphasis on living together, love, and caring. At the negative end, we see self-doubt and emotional involvement where an individual finds it increasingly difficult to set and respect boundaries.

An essential part in mapping your own behaviour is to identify your natural emotional cycle. Each cycle oscillates between the two extremes of behaviour. At the positive end, a person exhibits all the behaviour that we associate with a well-balanced individual. At the negative end, a person exhibits needy, compulsive and erratic behaviour associated with emotional stress. This chapter considers the difference between the male and female emotional cycle. For each one we use a circle diagram to represent the negative and positive behaviour as well as the amount of giving and receiving occurring (consciously or unconsciously). Each circle has two halves. The top half represents positive behaviour and the bottom half represents negative behaviour. The cycle operates like a clock. Trace along the boundary and you will see how the cycle waxes and wanes.

3.1 Emotional cycles

As pointed out by Gray [12], there is a difference between need and neediness. It is quite natural for partners to feel the need for love, support, and closeness. Neediness refers to excessive clinginess and

other activities that indicate a desperate need for a partner to demonstrate love, support, or closeness. Neediness is what happens when a person starts to doubt that their partner will fulfil their needs. Often it can be irrational, a conflict between the internal wants and the perception of what is happening in the relationship or beyond.

There is no avoiding these negative periods. They are a part of each of us. When the partnership is young, these extremes might set the seeds of mistrust that fractures the relationship in the future. In a mature relationship, realising when your partner is in a negative period comes almost naturally. As we age, we become more tolerant. If partners fail to learn about emotional cycles, that essential mellowing never happens and the relationship can break up, even after many years.

In DD, the objective is to reduce the time a person spends in their negative harmful phases and to avoid them becoming too extreme. The rules in DD aim to identify and flag when a partner is entering a negative phase or when their behaviour will push their partner towards a negative part of the cycle. The physical discipline acts as both a corrective and restorative to bring the partner back in balance and dissipate those negative emotions. In order to do this, you have to chart your cycles. The chart then forms the basis from which to build relationship rules and a discipline regime.

3.2 The male cycle

For a person endowed with a masculine psyche the emphasis is on achieving results. For him to feel fulfilled he needs to achieve and for others to note his achievements. When this happens, he feels competent and is more prone to positive behaviours such as listening and being more sensitive to his partner's needs. On the other hand, when he fails or thinks that he has failed this leads to feelings of incompetence. Instead of giving, he starts to manifest negative behaviour focused more on receiving affirmation of his competence. When in the negative part of the cycle, he requires approval, encouragement, and confirmation that he is doing what is right. He craves indulgence to reaffirm that he is still trusted and admired [12].

Once past the negative low of the cycle, he becomes more independent and starts pushing the boundaries of the relationship again. Filled with self-esteem he becomes more distant, celebrating his success. Inevitably, this withdrawal leads to less approval and encouragement from his partner thus confidence peaks and begins to wane again, swinging back towards the negative. Unable to see what

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has changed, he falls back into self-doubt, becoming focused, withdrawn, and less communicative.



Figure 3-1 Male Emotional Cycle

3.3 The female cycle

For a partner with a female psyche the pattern is different. Here the extremes of negative and positive behaviour are driven by feelings of self-worth. For her to be fulfilled she needs to feel that she is worthy of love. In order to demonstrate that she is worthy of affection she engages in the positive behaviours that anticipate the needs of others. She spends time nurturing and building relationships, communicating and offering advice. For her, exhibiting this behaviour demonstrates and reaffirms to others her own worthiness. Her positive part of the cycle is full of giving [12].

Things turn back towards negative behaviours when having given of herself, she reaches a peak and can give no more. She starts to feel resentful at getting nothing back. Psychologically she interprets the lack of giving by others as confirmation that she is unworthy to receive and so heads back towards the negative part of the cycle. Ironically, she compensates for this by more 'giving', becoming emotionally involved with others and their problems. When she should step back, she gets more involved. She has problems setting her own boundaries. Feeling unloved she can become overwhelmed and exhibit compulsive behaviour to get a quick fix. For example, overdosing on chocolate or buying shoes, or clothes, or ... well just

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about anything. This is a coded message for what she really needs, which is to receive.



Figure 3-2 Female Emotional Cycle

Behaviour	Keyword/Emotional trigger
Negative	Overwhelmed, Insecure, Resentful, Worried, Confused, Exhausted, Hopelessness, Passive, Demanding, Withdrawn, Mistrusting, Suspicious, Controlling, Disapproving, Hyper critical, Low Self Esteem
Positive	Caring, Understanding, Respectful, Reassuring, Devotion, Accepting, Active, Creative, Encouraging, Supportive, Trusting, Loyalty, Pride, Loving

Table 3-1: Behaviour Triggers

3.4 Spotting negative behaviour

In order to chart your emotional cycle you will need to identify the onset of negative behaviour. Sometimes the changes can be subtle. A little more negativity each day until it suddenly hits you that you are at the bottom of the cycle. Likewise, in charting the start of more positive behaviour it might begin with a single positive thing mixed in with a lot of negativity. It is only when one day you wake up and realise how positive you feel that you realise you are out of the

negative part of the cycle. Sometimes your partner is the one that will be better at spotting the changes.

Generally, a person will have a few things that press the buttons to create one kind of behaviour or another. It can be obvious or obscure. For example, it might be something you do that is responsible for setting off your partner (e.g. leaving the loo seat up, or wet towels all over the bathroom floor, messing up the kitchen just after your partner has cleaned up) or the behaviour might appear in code as moods or body language. Table 3-1 gives a list of keywords to act as a tick list to identify which type of behaviour is in play.

3.5 Length of a cycle

How long is an emotional cycle? Well, it really depends on you and your partner. It is known that women go through emotional cycles lasting about a month. Everyone has heard about Pre-Menstrual Tension (PMT) and the effect it can have on a woman's behaviour. Any man worth his salt learns how to deal with this emotional cycle early in the relationship. There are times when you need to walk on eggshells and modify your behaviour. Interestingly, it seems that when women live together they tune into each other's cycles and tend to start having periods at about the same time. There have been similar studies for men and every so often, some scientist or other claims that they have found a male cycle. Overall, the jury is still out.

Sometimes cycles can be very short. These rapid oscillations tend to be more destructive because a person is volatile and unpredictable, swinging from one extreme to the other in quick succession. Alternatively, the cycle can stretch over a long period. The sustained period of negativity can be enough to break a relationship. Ideally, we are aiming for a cycle of roughly one month. That way, you don't stay in any one state for too long. Thirty days puts a person in each quadrant of the circle for 5-10 days. So a person might be full-on negative or positive for only a few days a month as they alternate between giving and receiving.

Do not worry if your cycle differs from this ideal situation or if you and your partner have cycles that run at different speeds. At the heart of DD is the idea of synchronising your individual cycles. Although this can take considerable skill, we explain later how to lengthen or shorten it to achieve the monthly cycle. If this proves impossible for you, then you can adapt the DD programme to fit a different cycle.

3.6 Synchronising Cycles

Whereas women tend to synchronise their cycles naturally, it seems that male-female combinations do not. DD can be used as a way of trying to synchronise your natural cycles. Simplistically there are only four patterns to consider, see the Table 3-2.

Female/Male	Giving	Receiving
Giving	+ve, +ve	+ve -ve
Receiving	-ve, +ve	-ve, -ve

Table 3-2: Giving/Receiving Matrix

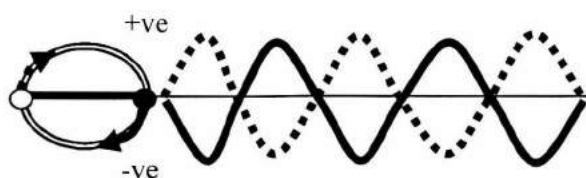
Clearly, a relationship will be under strain when both partners are in their extreme negative cycles at the same time. In this combination, the male partner needs affirmation of their competence while the female partner is being 'needy'. This does not work because instead of the male partner feeling trusted and accepted, the emotional involvement, compulsiveness, and loss of boundaries by his partner tell him precisely the opposite. Likewise, the lack of response (failure to give) by him is liable to exacerbate the symptoms in her. Negative reinforces negative to create an overall deeper low in the relationship.

When both partners are in giving mode, it looks like a win-win situation. All that positive behaviour is bound to enhance the relationship, isn't it? Well, no, it isn't. From the outside, it may appear that you are the perfect partnership. Both of you are being loving and thoughtful. You are both giving so much that neither of you could possibly have any complaints. The problem is that nobody is receiving so all that good positive behaviour is going to waste.

For example, suppose he is at his extreme of positive behaviour, he feels competent and in control. He is ready to give to his full potential but she is transmitting signals of high esteem. She feels valued and worthy. She doesn't need to receive. The situation can persist like that for a while but then he starts to think he is not needed. Self-doubt creeps in, then he starts to question his competence, and before you know it, he is back in the negative behaviour zone. Likewise, suppose that she is at her most giving, running about doing everything for everyone, supporting her girlfriends, looking after the kids, supporting her husband. She hasn't got time to receive, so she dismisses all that giving from her partner. Soon he stops trying and she starts to feel unappreciated. From there she heads downwards into the negative behaviour cycle.

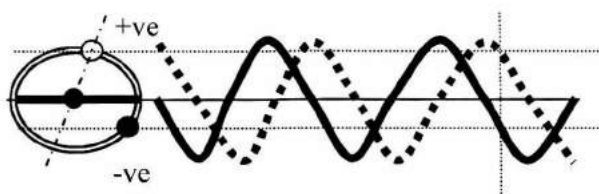
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Did you see what happened? By both being in perfect giving mode, all positive behaviour, they both headed towards the negative side of their cycles at the same time. This is the bad zone. Eventually, nobody is giving, both want to receive and that is a recipe for a disaster. Either we bottle it up, repressing our dissatisfaction or we end up arguing. Negative feelings are very strong. Even if there is a mixture of positive and negative things going on, a negative behaviour can pull down the positive one. Likewise, a positive behaviour will tend to reinforce other positive behaviours, especially in your opposite number.



● → female ○ → male

a) synchronised Cycles



● → female ○ → male

b) unsynchronised Cycles

Figure 3-3 Synchronising Cycles

Of course, none of us stays at our extreme levels of negative or positive behaviour for long. Like the capacity for negative and positive behaviour, our ability to give or receive changes as we go through our cycle. Thus, the ideal combination is for one partner to be entering the positive/giving phase just as the other is entering the negative/receiving phase. See Figure 3-3a. Suppose the black dot is female and the white dot is male (yin and yang, remember). If we trace the path of each dot around the circle, charting them against

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time, it traces out a wavy line on the paper (left to right). With two dots, we get two waves, showing how partners interact. When the male and female cycles are in harmony, negative behaviour cancels out positive behaviour so that the total negative and positive behaviour is always zero.

With one partner in the positive and the other in the negative, the balance of actual emotional energy in the relationship is close to nothing. It is a match made in heaven. Any other combination means that the positive and negative behaviours cancel only at certain (rare) positions. Thus one partner or the other is giving more (or receiving less) than the other. That situation seems to describe just about any relationship you will encounter. Inevitably, it means that sometimes we feel less valued and that leads to negative behaviour.

In a healthy relationship, the partner with the advantage is constantly changing. In a way, the cancelling waves represent the ideal partnership. When the white dot heads north, the black dot heads south and just as his ability to give starts to grow, her need to receive increases. At opposite poles the giving and receiving is perfectly balanced. As the black dot changes direction and moves north, the white dot does likewise and moves south. His giving steadily reduces and her need to receive lessens until they reach the equator and neither is giving or receiving. When she moves into her positive phase, he moves into his negative phase. Now she supports him with giving and he receives until they are in perfect balance again. Then, as both partners complete their cycles, they return to that neutral state and the emphasis on giving and receiving switches again. It is this constant change of emphasis coupled with the balance of negative and positive that slowly binds a couple together in a strong bond of friendship and love.

3.7 Plotting your own cycle

To chart your own cycles you need a blank sheet of paper. Draw a circle at the left and then a horizontal line to represent time, like the diagram above but without any wavy lines. Mark off days of the month on the line (or if your cycle is longer, months of the year). Next, work through your past and place crosses above and below the line at the times you felt at your most positive or negative. Place the dot further away from the line depending on how positive or negative you felt at the **time**. If you like, keep a diary for a month before doing this. Ask your **partner** to do it as well and then combine the results.

Once you have marked up the diagram, join the dots working left to right to draw a curve. Hopefully, it will look like the one in the diagram (although not exactly the same). Now do the same for your partner. To find out how synchronised you are as a couple choose a time somewhere along the straight line. Any time will do, it will not make any difference to the outcome. Draw a vertical line through your chosen time so that it cuts through both curves. Mark the points where the line cuts each curve. Now, using a ruler, draw a horizontal line passing through your marked point back to the circle. For the male curve, draw a light dot where the line meets the circle. For the female curve, draw a black dot. See Figure 3-3b for an example.

Compare your diagram with the ideal one given in Figure 3-3a. If the black and white circles are mirror images, and you can join them together with a line through the centre of the circle, you are almost the perfect couple already. Well done! The emphasis in your DD programme will be about maintaining the harmony you already have. If the circles are not on the same line, your DD programme will be devoted initially to synchronising your cycles. Once that rapport is established, you can move into a more long-term maintenance phase.

3.8 Using DD to control your cycles

Next, consider what happens as you move at the same speed around your cycles. In Figure 3-3b, he is just moving past his peak positive phase as she is entering her negative phase. His capacity to give will be waning, while her 'neediness' is escalating. At some point, we expect both of them to start exhibiting negative behaviours at the same time. Armed with the knowledge of your cycles you can take steps to avoid the inevitable conflict.

If he was the HOH, he could control the situation by rushing her through the worst of her negative phase before he gets to his negative period. As a result, she will be far more capable of giving when his need for receiving is growing. Alternatively, if she is HOH, she will want to slow his progress to negativity while she has a chance to get past her most negative phase. After that, she will be more disposed to giving and can help him through his negative patch. In DD, we change the pace of the cycle by using discipline. In her case, because the behaviour is negative the discipline is corrective, a punishment for transgression of the rules. For him, because he is still in his positive phase, some continued affirmation or restorative discipline could help retard any feelings of inadequacy.

There are many variations on the corrective or restorative forms of discipline but hopefully, you can see what we are doing. By knowing where we are in the emotional cycle we can measure how far away we are from the ideal pattern. By using rules to spot negative behaviour and discipline to retard or accelerate the movement through the emotional cycle you can shift your own cycles towards the ideal. Clearly, this does not happen overnight. Once discipline is in place, it takes practice and commitment. One month you might move a little closer, the next further away. Sometimes a person might have a cycle that is significantly faster than their partner, which means they can only synchronise periodically. Nevertheless, by the consistent use of DD and charting your cycles over the long term, you can slowly balance your relationship and begin to live in harmony.

Notice that we are not trying to stop the cyclic behaviour. Even in a perfectly balanced relationship, there will be ups and downs. There will be times when one partner is receiving and other times when they are required to give. When cycles run at different speeds, there will be times when you must be more tolerant. Domestic discipline is not a substitute for making your relationship better in other ways. For example, gifts and kind words, or cuddles and support. However, when your DD programme is working, you may feel more inclined to these extra activities because the overall balance of negativity is practically zero.

3.9 Summary

In this chapter, we discovered emotional cycles. The natural emotional cycle of a given person consists of highs and lows of positive and negative behaviour. When a couple comes together to form a loving relationship, their individual cycles may not be synchronised. The result can be tension and disharmony. The balance of negative and positive behaviour hops from one partner to another. Sometimes you will be in the negative phase at other times your partner. The ideal combination of cycles is when positive behaviour of one partner counteracts the negative behaviour of the other.

A couple can chart their emotional cycles and determine how far they are from that ideal combination. The idea is not to eliminate the negative and positive but to cancel out the effects. In the long term, this creates a solid and balanced relationship of mutual support and cooperation. By forming a set of rules that recognise trigger behaviour, the use of discipline can slowly adjust unsynchronised cycles to create balance and harmony.

CHAPTER 4 *Spanking*

In DD, the main form of discipline is spanking. Spanking acts as both a corrective measure and as a restorative. All the discipline in DD is given with love. It is because you love your partner and want to maintain the harmony in your partnership that you agree to administer a spanking. It is because you love your partner and are committed to your relationship that you agree to submit to spanking. Each time you engage in discipline as a couple you do so knowing that it is making an investment in the long-term good of your relationship.

Spanking is a huge topic. There are many types and forms of spanking from the severe military style to gentler playful spanking used in foreplay. In this short chapter, we only cover the basics. The interested reader should consult [5] for a more in-depth treatment. Here we are interested only in the process of performing a spanking correctly to keep your spanking safe and within reasonable bounds.

An understanding of the mechanics of spanking will also make the outcome of your discipline far more effective and rewarding. In particular, we explain how spanking acts on the body and mind to restore the balance of negative and positive behaviour. If you have never spanked or even if you have dabbled a little, please read this chapter before dispensing any form of discipline.

4.1 Anatomy of spanking

A spank is a slap or striking of the buttocks with an open hand or appropriate spanking instrument such as a paddle, strap, or cane. A series of such spanks constitutes a spanking. A spanking can be light and brief or it can be sustained and intense. The spanking can be conducted through clothes, with the pants still in place, or on the bare bottom (the latter being the most effective). There are specific areas to spank depending on the kind of reaction you want and of course, there are a few areas to avoid.

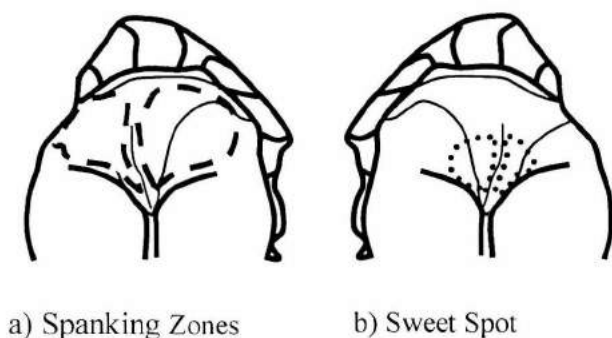


Figure 4-1 Safe areas for spanking

The main spanking area is the gluteous maximus or fleshy part of the bottom. Here the muscles and nerves are well padded. In particular, there are four spanking areas to aim for; two zones on either cheek (see Figure 4-1). The first zone is a broad patch that covers most of the cheek and the second is a smaller patch inside the first, close to where the cheek meets the top of the thigh and near the anus or perineum. This smaller zone is called the sweet (or sit) spot. Spanking this area can actually generate quite pleasurable sensations. The nerves in the bottom share some of the same neurological circuits and muscle groups as the genitals. Consequently, the sweet spot is an area of focus for people that want to indulge in erotic spanking.

Areas to avoid are the kidneys, the coccyx, and the sciatic nerves all of which can cause health problems. The kidneys are above the cheeks inside the lower back and easy to avoid. Obviously, any damage there can cause serious health problems. The coccyx is the bone just above the anus where the cheeks meet. Any damage here can cause back problems. The general and quiet sensible rule is not to strike anywhere where the bones are close to the surface of the skin. The position of the coccyx is slightly different in each person but generally feeling up along the bottom cleft will identify its position. The sciatic nerves run down the back of the thighs to control the legs and feet. These nerves are susceptible to pressure and once damaged can produce tingling pains (or sciatica).

Don't be put off by these last few sentences, unless your spanking is really over the top it is quite difficult to do any lasting damage. You might create some temporary marks or bruises on the fatty tissues but

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things should heal quite quickly unless your partner has a medical condition or is taking medication (more on that later). All the areas mentioned are easy to avoid if you focus on the fleshly parts of the bottom and do not strike across the tops of the legs. The latter is also pretty painful too! If you are a novice spanker, you can identify the right areas by getting your partner (or spankee) to wear a fuller pant. This also gives them a bit of extra modesty if they are a bit squeamish about exposing the genital area. Pull the pant material up into the cleft of the bottom and ask them to bend over to reveal the relevant areas for spanking.

4.2 How to hand spank

Hand spanking is probably the easiest and safest way to deliver your discipline. It is easy because virtually everybody understands the basic principle. It is safer because a spanker will need to put in a significant effort to cause any lasting damage. Usually, even the heaviest spanker will give up long before the average bottom gives out. Having said that, people have different tolerances, as a spanker you have to watch out for any danger signs such as bruising or welts.

Like everything else, there are good ways and bad ways to spank. The first thing is to adopt a comfortable position for both the spanker and the spankee. The spanker has to take the dominant position so that they are comfortable and can swing the spanking hand freely otherwise the spansks will not land with accuracy and you could hit a danger area by accident. The spankee takes a submissive position so that they are comfortable and can present the bottom for spanking. Many positions satisfying these criteria exist. The classic disciplinary position is over-the-knee (or OTK). In this position, the spanker sits on a straight-backed chair (with no arms) and the spankee lays across the spanker's lap. For a right-handed spanker the spankee has their head to the left and legs to the right. For a left-handed spanker the position is reversed.

The OTK position has several distinct advantages. First, it is a highly controlling position for the spanker. They can easily contain any waywardness by the subject (e.g. squirming, leg scissoring, kicking, or hand movement). It is also quite an embarrassing position for the spankee, which emphasizes naughtiness and the submission to discipline. The physical closeness of the participants is also important. Contact with one another stresses the intimacy of domestic discipline, allowing you to stay tuned to your partner.

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Assuming your partner is bare-bottomed, start to spank slowly. Spank one cheek then the other alternately, building up a rhythm until you reach a speed of about one spank every two to three seconds. One per second is a vigorous spanking one every three second is more casual and therapeutic. After your partner is sensitised (the bottom has a tinge of red and they have got used to the intensity) increase the power in each spank. The ideal stroke is to keep your arm below the shoulder, pull it out to the side, and swing back to land a glancing blow on the cheek. When it lands correctly, you will hear a satisfying smack and your partner will react. The effectiveness of the impact depends on the amount of strength you put into the swing and the acceleration just before your hand meets the bottom. Flicking your wrist at the last moment to bring the palm flat onto the cheek can add substantial sting to the delivery. Likewise, cupping your hand to trap some air will give the same effect as a light paddle.

Timing of the swing is crucial. The idea is for your hand to stay in contact with the bottom for as short a period as possible. Just enough time to transfer the energy of the swing into the cheek. If you get it wrong, pulling your hand back from the spank too early or getting the final acceleration out of sync with the swing, the spank will not land properly. Most of the energy stays in your hand and arm. After a few strokes, you will notice that your hand is heating up. Carry on like that and it will be you with a sore hand and not your subject with a sore bottom.

4.3 What happens when we spank

When a spank lands it drives energy into the bottom flesh. The energy does various things. Some of it escapes as sound (the slap). Some of it turns to heat, warming the bottom. Some of it softens the tissues and some of it stimulates the nerves (or dermatones) in the bottom sending signals to the brain.

All spanking is cumulative. If you spank too slowly all the energy will have drained away before the next one arrives so the overall effect will be negligible, not very good for instilling discipline or getting your partner into a restorative mood. The idea is to time the frequency of the spanks so that not all the energy has dissipated before the next one arrives. Get the timing right and the bottom will slowly heat up and become hot to the touch. The continuous striking of the flesh will cause it to turn red as more blood circulates through the tissues and the skin reacts. The regular pattern of nerve stimulations also sets up a wave that ripples up from the bottom to the brain. With

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the right timing and intensity of spanking, these factors act together causing the body to release adrenalin and endorphins.

Spank too hard, too quickly, and the bottom will go numb (the nerves switch off) and your spankee will not get the benefit of the spans. Afterwards, when feeling returns, they will be unexpectedly sore. Keep spanking and the bottom will become quite hot and turn an angry purple or blue. This is the time when bruises or injuries are likely. There is a lot of blood circulating and the cumulative impacts can weaken the skin to form bruises. Taking a break every so often and stroking the bottom allows the cheeks to recover, lets the heat dissipate, and so prolongs the time before the bottom goes numb. This is a good idea if the objective is a therapeutic spank. You want to keep the cheeks alive and sensitive for as long as possible. Even in a corrective spank, you still want to get the message through to the brain. Although, having to sit on a cushion for a time afterwards can be similarly effective!

4.4 Setting the right level

Finding the limits or tolerances of your spankee is quite a difficult and challenging task. A person's ability to tolerate a spanking varies with time. Women can be more susceptible and have lower tolerances during their period. General health can affect limits as can stress in the work place or home life. Some spankees can take quite a heavy spanking and others only a light touch. Some mark more easily than others. A bottom can also change as it gets used to being spanked. Initially your spankee might have low tolerances but once regular spanking begins their resilience increases. People that indulge in spanking games often find that they begin with hand spanking and then move onto implements to get the same sort of buzz as when they first started.

In setting the right levels of discipline, you have several factors to consider. In a corrective spank, your partner has to feel chastened. If the level is too low, or playful, there is no disciplinary benefit. If the level is too high, they will be yelping and calling time and you will have lost that important rapport. They will also feel resentful and start to doubt the whole DD philosophy. Therefore, you have to tread the tightrope. Find their edge and push them a little bit beyond it to make the discipline count. Mostly you will want to leave them with some hum and sting that fades quickly. Make sure they can feel the heat in their cheeks for a little time afterwards. Having to sit on a cushion at

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the dinner table or lying in bed feeling the heat radiating tends to focus the mind.

A therapeutic spanking raises the intensity level more slowly to leave the spankee with a 'glow' that subsides over a few hours giving them a prolonged sense of well-being. When their pants rub against tender flesh they are reminded why the spanking occurred and that can make them feel extra special. Particularly, if the material is a soft cotton or cool silk. Many spankees report that while they are out shopping or doing household jobs, they feel delightfully naughty when a reminder that they have been disciplined pops into their head. A little tummy flip or a quickening of the heart can prolong the therapy.

There are several ways that new partners can set the levels. One method is simply to start spanking, the spanker raising the level until the spankee indicates that things are beyond them. Some people use a safe word. The spanking stops when the spankee uses the safe word. Another method is to set a scale from 0-10 [6] or you can use the stop-go traffic light system [5]. Such precautions are sensible in spanking games where partners might change. Domestic Discipline, however, is not a game. Once you sign up to the lifestyle approach you have to trust each other. After an exploratory phase, dispense with safe words or anything else. A sensible couple will leave the HOH to administer the discipline and then talk about things afterwards. The HOH should be prepared to listen and adapt accordingly.

4.5 Corrective versus Restorative spanking

Corrective and therapeutic spanking have distinct objectives. Although both involve slaps to the bottom, the mental and physical sensations can be quite different. The principle of corrective spanking is quite straightforward. It goes all the way back to the ancient view that evil spirits could be driven out of the body by beating the flesh. The spanking is a deterrent. The idea is that by subjecting the bottom to something unpleasant the mind will be pushed towards the correct form of behaviour. It is simple cause and effect. The person associates negative behaviour with the spanking and so thinks twice before repeating the behaviour.

Corrective spanking is a little more complicated than that in DD. Yes, the spanking is given as a deterrent but it also a ritual agreed by the partners. Once a spanking is given and received the instance of the transgression that caused the spanking must be forgiven. That is, neither partner can raise it in subsequent confrontations. This process allows the receiving partner to forgive him or herself and resolve any

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mental conflict that could cause further negative behaviour. For this to happen it is vital that the intensity of the spanking is sufficient for the spankee to feel chastened but not so severe that it creates resentment.

A therapeutic spanking works differently. The principle is to induce a feeling of euphoria or well-being so that the spankee can mentally relax. Apart from reducing everyday stress, this technique allows the unconscious and conscious mind to reconcile any conflicts and produce an overall improved mental state. Use this type of spanking when the subject has not transgressed any formal rules of the partnership but has stored up feelings of guilt from their own interpretations of their behaviour. The spanking is a forgiving act, it allows the spankee to forgive him or herself and expiate any harmful negative energies. The aim is to produce a feeling of relaxation similar to the de-stressing effects of a massage, aromatherapy, or other such treatment.

4.6 Spanking as therapy

How can pain be therapeutic? The normal interpretation is that the pleasure-pain scale is linear. At one end is extreme pain and at the other extreme pleasure. People experience a continuous range of sensations in between. Somewhere in the middle, we pass from one sensation to the other. Pain can become pleasure and pleasure can become pain. Where this happens is different for each person. Finding the edge refers not just to finding your partner's tolerance to spanks but also that crossover point from pain to pleasure.

The previous paragraph is a rather simplistic view. For one thing, it assumes that we have to reduce pain to create pleasure and vice versa. As any sadomasochist will tell you, the human scale of pain-pleasure is not linear. Like the man walking west who will eventually reach the east, under the right conditions what starts out as being painful will eventually turn into pleasure. It is this principle that guides much of extreme fetish play. The key to this concept is the way the body reacts to pain, or more correctly the physical sensations that we call pain.

When a person finds they are in a confrontational situation, the body executes one of its most basic survival drives – flight or fight. Either we run away from the situation or we prepare to fight. The body does two things. First, it releases adrenalin, a hormone that affects circulation and muscular action, as well as excitement and stimulation. The second thing the body does is release endorphins. Endorphins are natural opiates that act as a painkiller and make you feel happy. An accomplished spanker can keep the spankee on the

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knife-edge between fight or flight. The body then releases more and more chemicals to produce an incredible natural high. The pain generates the pleasure. In spanking, the level of discomfort is relatively low but the cumulative effects of the spansks can trigger the repeated release of endorphins.

The combination of adrenalin and endorphins acts as a restorative. You see this all the time in everyday life. Athletes that pump themselves up to produce that extra edge, or the middle-aged man that puts in a sudden (youthful) burst of energy to rise to the challenge of the young buck. Alternatively, the ecstasy you feel when you push through the 'burn' in an exercise regime. These highs can be just as addictive as manufactured drugs. You probably know a gym junkie, someone that loves roller coasters, or people that engage in extreme sports. The effects of course are short-lived. Once the levels settle in the body you come off the high and return to the real world. While you are in that high, you have a sublime feeling, as though nothing could touch you, or bring you down. Some people talk of a mellow haze or a fog in the mind. Colours, like a psychedelic trip, replace thoughts. This moment is when the mind can heal itself by reconciling and discharging any negative emotions. Often, when it happens, there can be a gush or outpouring of feelings. Your subject may go limp (a state of extreme relaxation), incoherent for a few moments, or they could laugh, or cry, as the body de-stresses.

One possible explanation of why this happens is to do with vital energy flowing through your body. Remember all that yin and yang stuff in Chapter 2? Rather than following muscles, the energy flow is aligned with the nervous system. According to ancient Chinese philosophy, all the organs in the body remain in balance by the flow of energy along meridians. When the flow is blocked, we become unbalanced and get ill. The illness can be physical or emotional. This principle is the foundation of many medicinal approaches such as acupuncture, acupressure, reflexology, and so on. The idea in these methods is to unblock the energy flow to restore the balance. The practicality is to manipulate various points around the body. Several (12) major meridians cover the whole body. Points on these meridians are stimulated using needles in acupuncture sessions or rubbed and pressed in acupressure or reflexology sessions.

A light steady spanking produces endorphins but the percussive effect of repeated spansks act to unblock and rebalance the energy flow to the brain by stimulating the meridians. In particular, the Gall bladder meridian passes through the lower abdomen and bottom. It has over forty different acupressure points up and down the body and

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is linked with the liver meridian as a yin-yang pair. This pairing is associated with the distribution of vital energy through the body, distribution of hormones and nutrients, and the capacity to make moral decisions. Illnesses such as headaches, migraines, period pains, depression, and a host of other ailments are supposedly eased by stimulating points along these meridians.

Although the efficacy of Chinese practices remains controversial in the west, many people claim to have received beneficial effects. Recent scientific studies on acupuncture have shown that the act of inserting needles or of pressure at the acupuncture sites around the body creates a flow of endorphins in the spinal column. Consequently, the objectives of spanking and these ancient treatments appear not very far apart. You probably would not think twice if your partner offered to massage your feet, neck, or shoulders. Submitting to a therapeutic spanking is pretty much the same thing, if somewhat unorthodox.

4.7 A Basic session

A basic hand spanking session has three to four stages depending on the level of intensity required. For minor discipline, you might only use the first stage and for a major transgression, all four sections. When you first start with DD, use one stage and then build up over a period of discipline sessions. On average, a stage would last perhaps ten or fifteen minutes. Allow five minutes upwards for breaks. A one-hour session is probably enough for anyone. If there are several disciplinary incidents spread over the same day use only one stage for each instance but raise the intensity quicker after the first one to act as a deterrent.

In the first stage of a session, the aim is a light spank to sensitise the bottom, get the circulation going, and for the partners to settle into position. The second stage builds the strength of the spanks to produce a pink tinge to the skin all over the larger spanking zones on both cheeks. The third stage increases the intensity further and may focus on the sweet spot to produce a red moon glow. The fourth stage increases the intensity again to produce an all-over red to purple hue covering all the outer spanking zones on both cheeks.

Between each stage the partners should take a brief break (euphemistically called corner time) when the spanker can stretch their legs, the spankee spends time in reflection, and the bottom gets a respite. This avoids the spankee getting too dizzy from having their head down or holding a position for too long. At the start of the next

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stage take a few minutes to build up the pace to the level of intensity in the previous section and then move to the new level.

4.8 Implements

A DD programme can run quite effectively with hand spanking as the only form of discipline. Nevertheless, there are a wide range of spanking instruments available. Once your DD lifestyle settles down you may be tempted to try other forms of delivery. The more narrow and whippy an instrument the more difficult it is to control. If you want to try different instruments then find out exactly how to use each one. A novice spanker can do quite a lot of damage with inaccurate strokes or by not laying the instrument on correctly.

For female spankees a hand or paddle is probably the only instrument you need. A male spanker can usually deliver the same force with a hand as a light paddle. A strap or tawse might be appropriate for a male spankee. The latter give a considerable slap or sting for very little effort, but do require skill to use. A female spanker might employ straps or paddles to compensate for lack of physical strength. Often, good technique is just as effective as raw power. Read up on any instruments and practice before you use them in earnest.

Different paddles have different properties. Wooden ones are less flexible and forgiving with considerable sting. A lighter flexible leather or rubber one can be easier to control and give a thoroughly good spanking. Paddles operate much like the hand but you cannot feel the effect of the impact (your hand does not heat up for example). Watch out for visual clues such as redness and feel the heat in the cheeks regularly to see what stage the bottom has reached. Because a paddle is heavier than a hand the force of a spank is greater. So, spank with less intensity with a paddle than a hand. This is important to remember if you switch from hand to paddle during a spanking session especially since the bottom will already be sensitised.

The spanking part of a paddle is called the spade. The width of the spade determines how the force of the spank spreads into the bottom. A wider spade spreads the energy over more surface area while a narrow spade directs more force into the bottom. For this reason, a hairbrush is a mean spanking implement that delivers a lot of sting. The thickness of the paddle is also important, the more weighty it is the more of a slap it is going to deliver, even with relatively little effort. A paddle transmits energy deeper into the tissue and is more prone to creating bruises under the skin that you cannot see. The spankee will feel them when they sit down and it can be quite painful.

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For the same reason, avoid hitting clenched cheeks or muscles that are pulled tight. For example, when the spankee is bent over.

Make sure you are accurate and land the spade inside a spanking zone. Try not to catch a glancing blow on the cheek. The cheek distorts when it is spanked but the paddle has more friction than the hand. As a result, a glancing blow will stretch the skin. This repeated stretching can cause a tear or an abrasion weal on the skin, which is painful, and takes time to heal. It is also much easier to catch the coccyx with the edge of a paddle, or the top of the legs, and the repeated added pressure can damage the sciatic nerves. So, generally speaking, use a lighter, smaller paddle, with a bit of flexibility until you know what you are doing. You can get the same effect as a heavier more rigid paddle without the complications by extending the length of the discipline session.

4.9 Crying and other matters

A disciplinary spank may use only one or two parts of a session but builds the intensity quickly. A therapeutic spanking might carry over all four stages of a session but with less intensity. In the corrective form, you want to peak the sting before the endorphin hit catches up. This way the session is over before the spankee gets the warm-glow from the spanking. In the restorative form, the principle is to keep the intensity balanced with the production of endorphins so that the body produces more and more, slowly winding up the spankee. It is all about getting them into that headspace where they can mellow out. It is a very powerful moment when a spankee finally relaxes over your knee, abandoning him or herself in the bliss of spanking. There is nothing more intimate, except perhaps for sex. Some find that the emotion is too much and start to weep.

Now, crying can be therapeutic in itself. It is a well-known stress reliever. Some women claim that once they began to cry in a DD session it got easier each time afterwards. Some DDerS advocate that the discipline is not effective until the spankee begins to cry. They will spank long and hard to make it happen. The justification is that it is not until this point that the spankee touches with their emotions and becomes ready to unblock and let the negativity go. At best, this is controversial. Some people can discharge all the emotional baggage without shedding a tear. If your partner cries, be sympathetic. Coax them to let out the emotions but never spank just to make your partner cry. Spank to get the endorphins going and then see what happens.

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Crying with a therapeutic spanking is quite benign and helpful but tears with a corrective spank could be a sign that your discipline is too harsh. For your DD programme to work you must avoid building resentment to the discipline. If your partner does start to weep, discuss the situation afterwards and then amend things, if necessary, for the next session.

4.10 Safety and Bottom Marks

Although moderate spanking should create no substantial problems, it is best to know what to look for and how to cope with difficulties when they do occur. Some people are more susceptible to marking, especially if they have health problems. For example, people on blood-thinning agents could have a risk of severe bruising. Similarly, small blood vessel damage in diabetics mean that any injuries that do occur tend to take longer to heal.

Every time a spank lands it compresses the flesh of the bottom and creates some damage. If the spanking is prolonged or heavy, eventually the skin itself or the tissues underneath suffer damage and bruises can form. As the blood spreads out it creates a discolouration so often bruises appear worse than they actually are. Most bruises are harmless and fade quite quickly. One or two types can create health problems. For example a small bruise on the surface might be the tip of a deep bruise, or blood might pool between the tissues, rather than spread out, to form a hard lump (hematoma). Due to the risk of clotting, you should seek professional advice as quickly as possible in these cases.

During spanking, the spanker should not land too many spanks in the same spot one after another. Also, avoid any area that looks white compared to the surrounding tissue (a good sign that a bruise is about to form), and if a bruise does appear, stop and wind down the session. Commonsense dictates that you should not engage in another spanking session until all bruises or marks have healed properly. Switch to a non-spanking form of discipline (see later). Left to their own devices bruises go through various stages of healing, from blue/purple to grey, then to lighter yellow, before they disappear. The body reabsorbs the blood trapped in the tissues and you can hurry this along by drinking lots of water.

The use of spanking instruments brings additional complications. Implements produce more marks than hand spanking. They are harder and less forgiving on the skin. With a solid wooden paddle, for instance, the compression can be so great that deep bruising occurs

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while virtually nothing is visible on the surface. In addition to bruising, skin breaks and abrasions are also possible. The general rule is to use wider, flatter instruments, to limit marks. A wider implement spreads the impact over a greater area doing less damage. Conversely, smaller thinner instruments (e.g. canes) concentrate the energy of a swat into a small area. Consequently, welts and ridges are more likely. Straps have additional problems (such as wraparound) that can damage the thighs if not delivered properly. So, read up on the implement before you use it.

Hitting the same spot repeatedly can be very painful. Marks that run across each other also risk breaking the skin or forming a blister at the intersection point. Welts in particular might heal on the surface but come back when circulation in the bottom increases, for example, when the bottom gets hot, when you take a shower, or you engage in physical activity. A fuller pant should cover any visible signs but you will have to consider this if you are an active person and use public changing rooms a lot.

Spanking positions can also restrict the blood flow and bunch muscles together. Bent over positions (such as hands on ankles or knees) stretches the backs of the legs and tightens the bottom. Always aim for the fatty parts of the buttocks. If your subject clenches the buttocks wait for them to relax before you continue to spank. Head down positions also run the risk of fainting. Blood can run to the head making a spankee light-headed. Make sure that a spankee is allowed to get up and walk about to keep the circulation steady.

The temperature of the room where spanking takes place is also important. If the room is too hot, the sudden surge of adrenalin and the extra heat in the bottom can lead to fainting. So make sure the spankee has plenty of air. Likewise, if the room is too cold blood withdraws from the extremities and the bottom might not 'flush' in the usual manner. The heat and colour will not be very evident. The spanker, thinking that the spanking is not effective increases the intensity and ends up over spanking. The bottom will go numb and later, when circulation returns, the spankee can be very sore and discover bruises and marks that were not evident during the spanking.

4.11 Summary

Spanking when conducted properly is perfectly safe. If you are new to spanking, don't run before you can walk. Use hand spanking while settling into the discipline program. After that, use only the hand, a light paddle, or hairbrush on female spankees. Straps and the tawse

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can be used on male spankees if the spanker is physically slight and cannot deliver strong enough spans with the hand or paddle. Spankers must learn the principles of spanking and the properties and maintenance of the implements used.

Warm up your partner with a lighter spanking at the beginning of the session and raise the intensity slowly. Spans are quicker for a corrective spank and slower for a restorative spank. In a correctional spank, the idea is to spank with enough intensity to leave the spankee with a degree of hum and sting in the bottom. A light spank will leave some feeling of discomfort for a few hours. In a severe spank, the spankee may need a cushion to sit down afterwards. In a restorative or therapeutic spank the spanking is less intense but more prolonged. The after effects are a warm glow to the bottom. The idea is to cause the release of endorphins and create a chemical high for the spankee allowing them to 'mellow' out and drain away negative emotions.

A spanking in DD should never be so severe that it causes lasting damage. Some spankees are more liable to mark than others. A spankee's tolerance also varies with time and environmental factors. The spanker should find their partner's limits and conduct spanking within those limits for a therapeutic spanking, and close (or just beyond) the edge for correction. This ensures adequate disciplinary levels without building up feelings of resentment. When marks appear or are likely to appear, a spanking session should stop. Use alternative non-spanking discipline until any marks have properly healed.

CHAPTER 5 *A Structured Framework*

The previous chapters have outlined the DD philosophy, how it acts to create a caring loving relationship and controls negative emotional behaviour. The next step is to formulate the rules of your partnership. In this chapter, we work through the process of setting up the rules, choosing your head of household, and the various other things you will need to know before starting a DD programme. In particular, we give some advice on how to set the discipline levels and synchronise your emotional cycles.

A proper DD relationship requires commitment from both parties. The rules for your partnership will be different from any other partnership but the general template is very similar in each case. It is a good idea to work through the sections in this chapter as a couple. For one thing, this will start the process of bringing you together and reaffirm your commitment to one another. If you feel a little bit nervous, have butterflies in your tummy, or are apprehensive about taking the next step, then all well and good. Domestic discipline is not something to enter into lightly. Nevertheless, it is an exciting time and you are embarking on something extra special. If the process helps to re-ignite that thrill you felt when you first met, you are well on the way to revitalising your relationship.

5.1 Choosing your HOH

So far, we have managed to explain the DD philosophy without being specific about who should be the head of household (HOH). However, you will have noticed that in all the discussion there is always the presumption that there is someone to deliver the discipline and generally keep order. If we assume, for convenience, that the partners are male and female, there are four possible types of DD relationship to consider.

Type 0: in this form of relationship, neither partner accepts the role of HOH, nor do they dispel any formal discipline. If you fall into this category, then you may still go along with the idea of emotional cycles and trying to restore harmony but pursue things differently by

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talking or agreeing to work together to avoid the negative behaviours. Perhaps you might substitute the therapeutic discipline with cuddles, time together, massages etc. There is nothing wrong with that but it is not DD. We include it here for completeness and to remind readers that DD is completely consensual. If you do not want to do the discipline, you will probably be better off reading another style of relationship book.

Type 1: here the man is the HOH and the woman accepts the discipline. This is reminiscent of the traditional marriage contract. If you are the type of woman that has a romantic notion of relationships, where the man takes control, this is the format for you. For example, do you remember playing outside in the summer in your little smock dress, then having a bath and being tucked up all safe in bed, feeling all secure in the knowledge that your parents were downstairs watching over you? Perhaps you like being the girly girl or can't be bothered with finances or bills, or love being on the arm of your man. Then again, you might want to be the mother to an enormous brood of healthy children. Alternatively, you could be a high-powered alpha female at work but want to let your hair down at home by having your partner take control.

Type 2: In this one, the man gives up control and the woman is HOH. If you can't be bothered with handling the bills, dealing with finances, rentals, mortgage deals etc, having a partner to instil some discipline might be just for you. We are not suggesting that the male partner is a mummy's boy or a cuckold. Simply that not all men are go-getting alpha-male types. Some are just happy to mosey along on life's highway. In short, you might not have the inclination or the skills to play the HOH. Even if you do have the stereotypical male attributes, you could be a busy stressed-out executive by day and just too exhausted to run the family when you get home. Letting your partner take control could be what the doctor ordered (literally, if you are a workaholic).

Type 3: you take it in turns to be HOH. This type probably fits the modern view of relationships but can be quite tricky to manage. In this kind of relationship, you share the household jobs, do your finances together, and split all the relationship jobs right down the middle. What you don't like doing you give up control to your partner and vice-versa. Sounds ideal, but it can be difficult to first accept and then give discipline so you will have to manage the programme very carefully.

There is a bit of bias in those descriptions to make the distinction clear but do not get hung up on stereotypes. There is a broad spectrum

of emotional needs. Just don't pretend to be something you're not because you think that is what other people expect. Many men have latent fetishes about strong women stemming from the strict mom, matron at boarding school, or no-nonsense aunt or cousin. Maybe they even played tie-up or doctors and nurses with an older girl in childhood. Likewise as a girl, perhaps you remember being disciplined at home or playing kidnap and being tied up by your brothers or the boy next door. Maybe you are the power executive at work but want to escape and be the little girl at home. Whatever your persuasion, tell your partner. Not only will that make them feel needed and wanted but you are also showing your trust and love.

The key point in these examples is not whether you are physically male or female but how your mind works. In choosing your HOH, you want the partner with the predominantly male (or yang) characteristics to be in control. The female (or yin) partner will receive the discipline. If you have forgotten the characteristics, take a moment to check back with Chapters 2 and 3. The theory is that only the rational, active partner will have the commitment and self-discipline to keep the programme on track, whereas the naturally passive partner will have trouble setting boundaries and may become emotionally overwhelmed at the thought of dispensing discipline.

Using the type of psyche rather than gender type allows the programme to apply equally to same sex partnerships. Just agree who has the predominantly yang psyche and then read the book applying the appropriate genders. The type 3 partnership, while being terribly liberal and egalitarian, is more difficult to manage because you end up with a passive person having to dispense discipline to partner who is not that well disposed to receiving it. Okay, you might not be at the extreme ends of rational or passive scales but it is only going to work if neither partner has a dominant psyche. Sometimes people can cope with switching but soon realise that it is more difficult to synchronise emotional cycles (more on that later).

5.2 HOH responsibilities

The HOH has a significant responsibility. It is not just a matter of pulling your partner over your knee for a bit of spanking. The HOH accepts the responsibility for managing the discipline programme, dispensing the discipline, and understanding their partner's emotional cycle. They will need to distinguish between the need for formal corrective discipline and gentler therapeutic discipline. On the one

hand, it will boost their confidence and self-esteem but on the other, they will learn more about their partner than in a vanilla relationship.

It is now traditional to exchange rings at a marriage or partnership ceremony. As the story goes, back in ancient times, women were carried off by their future husbands and tied to a post until they stopped running back to their own tribe. When a partner could be trusted, a piece of string around a finger replaced the bonds. This symbolised that she was bound to a partner. Over the centuries, the exchange of a ring has become a centrepiece of marriage ceremonies to symbolise this commitment.

In DD, you give over custody of your emotional cycle to your HOH. By so doing, the passive partner demonstrates a great act of love. A person that relinquishes control to their HOH is telling them that they trust them and feel safe under their protection. In accepting, the HOH is agreeing to look after their partner with loving caring discipline and is committing him or herself to manage their emotional cycles. This means that they must learn to dispense discipline correctly, safely, and in proportion. The two partners have made a unique and special commitment to one another.

5.3 Setting the boundaries

Remember that in DD, the goal is to set boundaries and provide a structure to the relationship. The idea is to set rules and standards of behaviour with clear consequences for any transgressions. Once done, the chances of the relationship breaking down because of miscommunication, dissatisfaction, or harboured resentment is reduced. The HOH takes the responsibility for policing the rules. Mostly the penalty for breaking an agreed rule will be spanking but this may not always be the case (see Chapters 7 and 8).

The first step to setting up the rules is to chart your emotional cycles and find out how synchronised you are as a partnership. If you didn't do it after reading Chapter 3, do it now. When you have constructed your cycle, make a list of your negative and positive behaviours. Even if you have already chosen your HOH, you should both do this at the same time. Although we are focusing on negative behaviours, it is good to celebrate the positive as well.

Now swap lists. You are bound to find something on your partner's list that is a bit of a surprise (great, they are being honest). Do not argue or fall out about what your partner has written. For now just accept the lists and keep an open mind. The next step is to take your lists and break them into three categories. If you already have a HOH

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you will only need to do this for the passive partner, since they are the ones to receive discipline, but keep the HOH list, we will need it later.

The first category is anything negative that happens outside your relationship. That is how you treat other people, your partner's family, his or her friends. Alternatively, how you behave at work or in dealing with people in shops/restaurants and so on. In other words, what image you project to the outside world. Is there any behaviour that brings your partnership into disrepute or causes your partner embarrassment? For example, do you get drunk a lot, become abusive or swear, are you a gossip, do you steal things (yes really), do you pay bills on time, or disrespect your friends. The list is probably longer than you think!

The second category is the same kind of thing but between you and your partner. For example, do you put the trash out when it is your turn, do the dishes, put stuff in the laundry, do you demean your partner etc. You get the idea, anything that shows disrespect for your partner or fails to show commitment to your relationship.

The third category is concentrated on your own insecurities and feelings of guilt. For example, needy behaviour that makes your partner choose between you or friends and family, doing things out of spite or jealousy, telling fibs, being deceptive or dishonest, overspending on credit cards, bingeing (by shopping, ordering stuff on the internet, etc) or being excessively clingy. Do you have poor hygiene or do you seek too much affirmation. If any of your behaviour pricks your conscience, it probably needs listing. These behaviours identify excess or an inability to set your own personal boundaries. They say what you think about yourself and how much you respect your partner.

Some things are not allowed on your lists. Mainly, these are things where a person already has significant esteem issues such as weight loss, body image, and other psychological issues. The problem with these items is that physical discipline probably isn't going to help much. It is not fair, and not loving or caring, to discipline a partner that is already struggling with a deep psychological issue.

DD helps with the unconscious stuff where boundaries have not been set in the relationship but it cannot replace effective conventional treatments for more acute issues. When your partner has already acknowledged a problem, it is better for them to seek professional help. If your partner wants to engage in DD to avoid proper counselling, think again. You must help and encourage them to seek help but do not let them punish themselves further with domestic discipline.

5.4 Rules and Consequences

Okay, now you have your lists it is time to rank them. Put the category three items to one side for now, these will be the focus of restorative or therapeutic discipline. Categories 1 and 2 are the things that put pressure on the relationship and make you argue. In short, they are behavioural problems or issues. The general rule is that none of these behaviours is acceptable.

Next, you need to decide how bad the negative behaviours are. A simple way to grade behaviour is to use a 10-point scale. Allocate 10 points to behaviour that you consider extremely negative or hurtful (or gives your partner the most angst). Choose 1 point for a minor irritation (things that it would be nice if they did not occur but that you can live with, in moderation). Next, consider the frequency of these negative behaviours and note that down as well. So for example, if he ridicules your family when you all get together for a BBQ it might be a major issue but it doesn't happen very often. Likewise, leaving dirty socks on the bedroom floor might be a minor problem but it occurs most days. Little things at the start of a relationship have the habit of festering and becoming big issues later on in the relationship.

When you have finished this ranking process, you should have a list of negative behaviours with a point score and frequency. The next thing is to decide the discipline levels. Use three levels, low, medium, and high. Behaviours 0-3 are low, 4-7 medium, and 8-10 high. The expectation is that low-level behaviour will result in a mild hand spanking, medium behaviours result in a firm hand spanking with some paddle, while a high-level behaviour results mostly in paddling or hairbrush type discipline. The simplistic idea is that at the mild end you get a spanking that reminds you of the rules but fades quickly while for something major there is quite a bit of hum and sting so you will not forget the transgression in a hurry.

It is important to do this ranking process together. The HOH has to set fair limits and the passive partner has to appreciate what the consequences of any transgression might be. That way they can start to mediate their behaviour right from day one. You might have to negotiate a bit on the levels but do not try to talk the discipline down to a level where it is going to be ineffectual. Likewise, do not try to talk it up so that the passive partner becomes fearful or mistrusting. You have to agree the rules and the consequences so that both partners take ownership of the DD programme.

5.5 Managing the Discipline

As you can appreciate, it takes a bit of finesse to get your discipline levels correct. The basic objective is to make things proportionate. The discipline has to be sufficient to deter the behaviour but not so frequent or intense that it builds up resentment in the receiver. To manage the scheme properly you need to determine when discipline occurs, how frequently discipline occurs, and how long the discipline session lasts.

The length of a session depends on the level of behaviour. In Chapter 4, we described a spanking session of one hour broken into four sections. Discipline for low-level behaviour should not only be mild but not run for more than one of the sections (15 minutes). A medium level indiscretion would result in 2-3 sections (30-45 minutes). A full session is reserved for the highly negative behaviours. This arrangement allows time to warm up the subject and then deliver a good spanking proportionate to the transgression. Rarely, if ever, should a spanking session last more than one hour.

Use the frequency to adjust the level of discipline. For example, overspending on the credit card might be a high-level behaviour but the credit card bill only arrives once per month (so $1 \times 10 = 10$). That implies a good paddling once per month. Alternatively, you might rate it as a medium level (5 say) but only apply the discipline every couple of months ($2 \times 5 = 10$). Similarly, leaving clothes on the floor might only rate a value 1, which implies up to 15 minutes of mild spanking for each offence. If the behaviour occurs every day, that is 15 minutes spanking per day. Instead, you might accumulate the transgressions and deal with them all at the same time in one longer session. Suppose your partner does not put their clothes in the laundry all week (that is $7 \text{ days} \times 1 = 7$). The consequence could be a single spank at the weekend but at level 7 (medium) for 30-40 minutes. See how it works?

Don't accumulate points over ten and expect to have a humdinger of a discipline session. That will only turn your partner off the whole idea. Once you get to 10, apply the discipline and restart with a suitable pause between discipline sessions to allow your partner's bottom a chance to recover. What we are trying to do here is balance the discipline. If your partner has very deep negative cycles then they will transgress a lot during that period and so end up over your knee often. In their positive periods, they might not transgress at all. Operate the discipline sensibly and you can help hurry them through

the negative periods by a combination of sharp shocks or lower scale but regular discipline.

5.6 When to apply the discipline

A major problem is finding the time to administer the discipline. If you both work or have children a convenient time might not be easy to find. It is important that any transgressions are not forgotten otherwise the programme will stall. Before long, you will be back to your old ways. Usually, minor issues can be dealt with by a mild spanking conducted immediately. Issues that are more substantial will require that you put time aside.

A run of small issues might be the warning signs that your partner is heading into a negative behaviour phase. Recognising this fact, you might discipline the first few misdemeanours with a light touch and then start to accumulate indiscretions to increase the level and trigger a longer session designed to re-ground your partner. For mild spanking, you could manage two to three sessions a day. The bottom will recover after an hour or so. For a longer session, you might need a couple of days between one session and another.

Sometimes it is not practical to administer discipline when a transgression occurs. For example, if children are present, if you are out with friends, or because of work commitments. A solution to this problem is to use the frequency method. Pull your partner to one side and tell them that you are adding that misdemeanour to their tally. For instance, if they demean you at the breakfast table, tell them that is a count of one, if they leave dishes to be washed that's two, driving too fast to work (with you in the car) is a 3 maybe, giving a total count of 5. If they are late picking you up after work, that might be a 1 or a 2 giving a total of 7. On a bad day of negativity, they scored a 7 which translates to a medium session of 30-40 minutes discipline.

It is important to tell your partner that you are adding to the tally. First, it shows that they are acting negatively and pressing your buttons. Second, it does not disrupt the general flow of life. Third, it gives your partner a chance to manage their own negativity and keep the score low. That last part is important. The discipline is not just an excuse to vent your frustration. You want your partner to learn what it is about their behaviour that sets you on edge. They can then modify their behaviour to help maintain the balance and harmony.

Some couples only perform discipline at pre-arranged times. Once a week they have a special time where they deal with any transgressions, talk to each other, and make time to be together. An

advantage of this approach is that the receiver knows that it is coming and has time to dwell on their behaviour. If you are a bit timid then it also means you have time to prepare and can rest easy that your partner will not spring discipline on you at inopportune moments.

5.7 The discipline log

Adept DDers know their partner's transgressions and understand the discipline regime so well that they do not need to keep any records. Novice partnerships can keep a discipline log (or punishment book). Enter the categories and the rankings you agreed at the start of this chapter and use that to guide your discipline.

Keep the log like a diary, adding in a transgression when it occurs and recording discipline when given, and even comments about positive behaviour and lapses. Some DDers do not like this approach because it keeps a record that might fall in to the wrong hands. Little Susan finds mummies discipline book and shows it to her friends, for example – extremely embarrassing. Alternatively, it seems too much like a school report card. If you are worried about the first case, buy a diary with a lock or keep it in a locked draw. In the second case, yes, it is a bit juvenile but so is your negative behaviour.

The log is useful because it helps enforce the rules in a way that allows verification. You can always check to see if it is fair and within the bounds of your agreement. Used properly, the log reinforces commitment to one another. For example, read the entries at the start of a session as a way to introduce the discipline and to record that episodes of negative behaviour have been addressed. Remember, once discipline is dispensed, that instance of behaviour must be forgiven and can never be revisited. It is essential for the receiver of the discipline to know this so that they can discharge any guilt. It is also necessary for the person administering the discipline to acknowledge that the incident is now closed. Filling in the discipline log records this fact and brings you both back together after the discipline.

Another added bonus of a log is that once the programme has been running for a while you can look back and reminisce. This in itself can be beneficial by showing what progress you have made as a couple. It also increases the level of communication in a way that is unique and special to your partnership.

5.8 Maintenance (or therapeutic) Discipline

Most DD programmes incorporate the idea of maintenance discipline. Usually, the justification is that if a partner does not have a regular

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spank their bottom will become sensitive again just like a novice. Well, that is true. But, it is also a pretty lame excuse to allow a spanking for apparently no reason. A phrase like 'because the HOH deems it necessary' is the usual catch-all. If you want to spank each other, just do it, but don't dress it up as DD.

Here we advocate maintenance discipline for category three behaviours. A characteristic behaviour is something that makes you, the passive partner, feel guilty. For example, talking about your best friend behind their back and then feeling terrible afterwards or feeling jealous because they have had some success (a promotion, a new boy or girl friend, or they fall pregnant and become the centre of attention). Alternatively, when you break a relationship rule but fail to inform your HOH. In other words, any negativity or unhappiness created by your own internal conflicts.

Often you will not have specific discipline rules for these situations and it can be difficult for your HOH to spot when they occur because they are so internalised. These harboured feelings (which might be subconscious) will out themselves in a variety of ways. Some people have an incredibly difficult time forgiving themselves. Your partner might pick up the vibe or your angst could spill over and become directed at them, albeit unintentionally. In these cases, the HOH can institute a maintenance spank.

In a maintenance session, the spanking is gentler and more sustained with the emphasis on caring and forgiveness. The discipline is not because you broke any rules but 'just because' you were getting a little antsy. Alternatively, you might decide to ask for discipline in order to ground the internal turmoil and forgive yourself. Another possibility is that the internal unhappiness might manifest itself in negative behaviour designed to trip a discipline session by deliberately transgressing rules. This is often a subconscious cry for help but can also be more calculating (in which case it is called 'bratting' – see Chapter 6).

Another reason for a maintenance spank is to control impetuous or nervous behaviour. This behaviour typically manifests itself when your partner is becoming overwhelmed. The discharge of nervous energy resulting from the spank can have quite dramatic effects. For example, suppose you have a big meeting or an interview and wake up all jittery and out of control. Your partner will notice that you are on edge and that might be a time when they give you a quick 5-10 minute OTK session to ground your nerves by stimulating the circulation and getting your adrenalin going. Alternatively, perhaps you have to sack a close colleague and come home all emotional. It is not your fault but

you feel responsible. Again, you could ask for some discipline and let all that pent up frustration out with a loving spank from your partner.

If you find it difficult to ask for discipline or hard to communicate these aspects of your character to your partner then try keeping a journal. Many people keep diaries where they write down their innermost thoughts and feelings. Increasingly, people into DD write blogs on the internet, sharing their feelings to anonymous third parties. Keep your discipline journal separate from any other diary so that when you have put down your negative feelings you can show it to your partner and ask them to set the discipline level. Another method is to write your partner a note, saying how you feel about a particular situation, why you think you need discipline, and so forth. Sometimes you might suggest what kind of discipline you think you deserve (which is often harder than one would expect, people are harshest on themselves).

Of course, you have to trust your partner to feel safe in doing this. But knowing that they will treat you sympathetically and give you what you need is very powerful and binds you closer together. A partner asked to be your protector and guardian in this way cannot fail to understand how much they are valued and respected by you. If it is just too much of a step to come out with it and ask your partner to discipline you, try the note or diary approach first. After a few maintenance sessions, you will start to feel comfortable with each other and the barriers will come down. Eventually you might just be able to turn to your partner and say, 'you know what, I just feel like being spanked' and they will take your hand, put you over their knee and oblige. Later, with all that angst drained away, you might watch a film together, or share a bottle of wine, cuddle on the sofa, or maybe even more.

5.9 Discipline and Emotional cycles

The aim of DD is to balance the relationship so that partners can live in harmony. To achieve this requires an understanding of your emotional cycles and then synchronising these cycles by the use of discipline. Although you can never eliminate negative behaviour from your relationship, and would be foolish to try. When your cycles are synchronised the positive behaviour of one partner counter-balances the negative behaviour of the other.

The natural emotional cycle is the thing that triggers the negative behaviours. This is because of the changing balance between the amount of giving and receiving a partner perceives in the relationship.

By setting your rules, you create a way to spot the start and end of negative phases. Left unchecked you will witness an increase in negative behaviour that peaks (or should that be troughs) and then improves. This starts with category 3 behaviour and moves rapidly into category 1 and 2, rule breaking, behaviour if your partner feels they are undervalued. If you are both in your negative phases together, disaster ensues, arguments and falling outs, nights on the sofa, and so on. When a HOH spots the warning signs, they use the discipline to push the passive partner through the most negative period more quickly or to slow the onset of negative behaviour by sending a warning shot. Both these techniques used together, over time, can result in less extreme behaviour and shift the passive partner's cycle until both your cycles are in harmony.

The HOH must understand both cycles. If they can synchronise one cycle to the other and balance the giving and receiving of each partner, there will be less trigger behaviour to start the negativity. So, overall, the number of transgressions will dwindle until the main form of discipline becomes a maintenance session. At first, this seems unfair because the passive partner is the only one receiving discipline. What about the HOH's negative behaviour, how is that sorted out?

Well, there are two answers. The first answer is rather blunt and unsympathetic. The passive partner has relinquished control to the HOH. The passive partner must accept their rulings and their negative behaviours. The HOH brings the passive cycle into phase with their own to restore harmony and balance. In doing so, the passive partner is better disposed to cope with the negative behaviour of the HOH. This is because they are in a giving state when the HOH is exhibiting negative behaviour. That hardly seems like a partnership, does it?

Fortunately, things are not quite as one-sided as they appear. By submitting to the discipline, the passive partner is indirectly controlling the HOH. The HOH always feels needed in a DD relationship because they are required to dispense discipline and manage the programme. By accepting the discipline, the passive partner reinforces the HOH feelings of competence. The fact that they are willing to submit to the HOH, receive discipline, and trust them to deliver the discipline reaffirms their trust in their partner.

Once the HOH sees how committed their partner is to making the relationship work this rubs off on their own behaviour. Not only does the discipline reduce the trigger behaviour but also the tendency is for the HOH's negative behaviour to reduce as well. Positive behaviours always self-amplify. The passive partner can help this along by understanding the HOHs cycle and internal (category 3) conflicts and

then acting accordingly to ameliorate the situation. For example, by fawning, unexpected treats, or sympathetic behaviour designed to distract.

Of course, for this to work, the assumption is that the HOH's negativity stems from the essentially male (yang) weaknesses of having to feel in control and competent. That is why we suggest that the partner with the dominant male-psyche is the HOH. According to Chapter 2, each person is a mixture of male and female forces so the dominant psyche does not automatically imply gender. The female psyche generates negative behaviours when they feel they have given too much and need to receive. They become emotionally overwhelmed, irrational, and needy when they feel unappreciated and unloved. Since these are key characteristics of the passive partner, we choose the partner with dominant female-psyche to play the passive role. In addition to discipline, which makes them instantly the centre of attention, don't forget to reward good behaviour with surprises, gifts, and treats. DD is not just about formal discipline. You need the carrot as well as the stick.

Now you can see that a relationship where both people try to dispense discipline requires a delicate balancing act. When one partner tries to move the other in a certain direction, towards synchronising with his or her own cycle, the other partner can achieve the opposite effect. The result is that cycles may seesaw back and forth without ever synchronising. When this happens, partners can become frustrated and end up exhibiting a new set of negative behaviour because the programme appears not to be working. There can be the danger of tit-for-tat discipline, which is why it is essential to draw up the rules and discipline levels before the programme starts.

5.10 Why discipline reduces negativity

The discipline rules are linked to behavioural issues that damage the relationship. By agreeing the rules and setting the discipline levels, each partner is aware of the sensitivities of the other. They also know what type of behaviour to expect of each other so, in theory, any frustration from misunderstanding of roles in the relationship is reduced. Most of the category 1 and 2 behaviour results from your own childhood experiences, from friends, or through the routine that has settled into the relationship and become the norm.

Because such behaviour is learned, regular consistent use of discipline will help correct it. Many habits can be broken after only a few weeks. Consequently, take the longer view and don't overload

your discipline schedule. If the list of category 1 and 2 behaviours is substantial, select a few frequently occurring issues and a couple of less frequent problems to produce a range of severities.

Do not tackle all of the most severe irritations first. Keep an active list and put the rest away. Run the programme for several weeks, dispensing discipline as appropriate. When the habit has been broken, it will drop out off the list by not incurring any discipline. Review the lists periodically. Remove resolved issues and bring in new ones from the inactive list. If you are keeping a discipline book, you can chart the rise and fall of behaviour. Reward yourself and tell your partner when they have done well and an issue is resolved. If the behaviour returns, you can always bring back the discipline rule.

Use your partner's emotional cycle to predict when negative behaviours are likely to increase and nip things in the bud with a few maintenance discipline sessions or an impromptu session at the point of transgression. Because emotional cycles are fundamental parts of the human condition you will never get rid of all the negative behaviour. However, once you manage to control most of the behavioural negativity (category 1 and 2) you can focus more on the internal emotional issues (category 3) so that discipline becomes more and more about maintenance. The discipline then serves two purposes. First, to slow down or speed-up your partners passage around their emotional cycle and second to keep them happy and well grounded. Over time, the programme will bring you closer and closer together until eventually your cycles complement one another perfectly.

5.11 Consent and Privacy

Having worked out your rules the next step is to sign-up. At the end of the book is a sample DD contract. It probably doesn't carry much legal weight and it lists a few things we haven't discussed yet but it covers all the major operating constraints for the DD programme. If you have settled on a Type 1 or 2 relationship only one copy of the contract is required. If you are going for Type 3, you will need two copies with the name of spanker and spankee interchanged. Signing the papers over a glass of champagne is a nice way to start your new life-style commitment.

Once the ink is dry, you start to apply the rules and discipline. Before that, though, there are a few extra caveats that perhaps still need discussion. First, in agreeing this form of relationship you are entering into something very private. If your partner is a high-flying executive or a public figure, a whisper of scandal could end their

career. Keep your commitment inside the family and in particular between yourselves. That means no bragging about what you get up to in private or even confiding in your best friend. Neither is it a topic for conversation down the pub or at the book club. The general rule is to tell no one, but particularly not people who have less to lose than you do, both professionally and personally.

If you have any doubts about signing the contract, then you also have doubts that you can trust your partner and that is not a good starting point for a DD relationship. Conversely, once your programme gets going and you start to experience the beneficial effects you might think that it is something everyone should know about. If friends and relatives start to comment on the new improved relationship you might feel tempted to pass on your secret. Do not decide to do this unilaterally. Sit down with your partner and discuss. If you are both agreed, invite your friends over for dinner and have a very private conversation, or send them a copy of this book. Some DD communities that have web pages also offer mentors and support networks.

We said this before in Chapter 1, but it is worth saying again. Do not administer your discipline in front of children. As we pointed out in Chapter 2, one of the reasons that corporal punishment is not acceptable with minors is because their minds are not fully developed. If your son or daughter sees you over your partner's knee, red-faced or red-bottomed, or crying, they will get the wrong idea. You run the risk of leaving them with psychological issues or harmful expectations for their own relationships. Yes, we are advocating spanking, but only when conducted by intelligent understanding adults that can appreciate the subtleties involved. By now, you should understand that DD is not about physical abuse, others may not see it that way. A child might not be as discreet as you in the playground or with other adults and that could land you in hot water with social services.

Do your discipline behind close doors, preferably, when your children are out, on a sleep over, at grandmas, or whatever. That way they will see the positive effects indirectly with your improved relationship and grow up with the expectations of a harmonious partnership where both parents value each other. That is a positive message to take into adulthood. It will also help them choose the right sort of life partner. Everyone has to live his or her own life. Let them live theirs. When they are grown up and are in a relationship you might offer some advice on DD but that is up to you.

CHAPTER 6 *Applying the Discipline*

After you have made an agreement, DD will not become a reality until you have gone through the discipline process for the first time. Until that happens, both partners will feel on edge. Your heads will be full of the theory but there is nothing like a dose of reality to show you exactly what you gotten yourself into. In some cases, the time before the first session will become a game of brinkmanship. The passive partner will see what they can get away with, pushing the boundaries to test the resolve of the HOH. The HOH may turn a blind eye, ignoring transgressions until they can summon up enough courage to take matters in hand. There is no avoiding it. Sooner or later, you will have to apply the discipline.

That first session is vital. At that point, the relationship crystallizes or it becomes clear that you are never going to be strong enough to make it stick. In this chapter we explain how to introduce discipline for the first time and then to build on that initial session to get into the full programme. We also point out some bits of the DD contract not covered in previous chapters, such as not challenging the HOH authority during discipline, how you should approach your discipline sessions, and various other matters on the mechanics of managing the discipline. At the end of this chapter, you should feel confident about using discipline in a non-harmful way, have developed some rapport with your partner, and be ready to develop the rest of your DD programme.

6.1 The first blush

As a virgin spanker-spankee pairing you are going to feel nervous about the whole process of applying discipline. On the one hand, the HOH (or spanker) will have many unanswered questions. Do they have the confidence and the wherewithal to actually call their partner to heel and institute the discipline? Will their partner really submit and allow the discipline to occur? Can they see it through once they start? Will they be too aggressive and hurt their partner? Will their partner still love them afterwards? The spankee will also be nervous. After all,

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their butt is on the line. Until a session happens, they will not be sure that their partner really is going to follow through and discipline them. Will they be able to take the discipline? What happens if their partner is too rough? What happens if they are not as submissive as they thought and find it difficult to accept the discipline? Moreover, once they offer themselves for discipline, will their partner ever be able to respect them as an equal again? All these issues and concerns are valid but easily dealt with.

If the HOH is a man and the passive partner is a woman, there are additional psychological issues. Little boys have it drummed into them that it is wrong to hit a girl. Many ill-informed people will think that disciplining a woman is tantamount to abuse. Done properly, as described here, it isn't. The woman has consented and the discipline has clear bounds. It cannot and should not be applied when the HOH is angry or under the influence of alcohol or other substances. Discipline should be applied only when both partners are in a sane and fit state to know what they are doing and why they are doing it.

The key is not to get your first discipline session out of proportion. As a HOH be a bit flexible with the rules early on in the programme until you get your confidence. Trying an over ambitious discipline session and getting it wrong sends a poor message to your partner. It undermines your authority and leaves them with doubt as to your ability to discipline them safely. That lack of confidence can lead them to question the whole programme, especially if the discipline is not sufficient to affect their behaviour or is so heavy that they feel resentment.

Concentrate on the minor rules and ignore the negative behaviours that generate substantial discipline (you are not ready for that and neither is your partner). Forget about running a long session. Forget about paddles and all that other stuff. Wait for a minor behaviour problem and then deal with it straightaway. Doing it immediately doesn't give you any time to back out. If it is impractical to discipline instantly do it as soon afterwards as possible.

For the first session, put your partner over your knee and spank them (lightly) for only five minutes. Do not worry about removing any clothing. If they are wearing trousers great, it makes contact with the cheeks easier – even through the material. Dresses or skirts can bunch up a bit and you are not sure if the material is acting as a cushion. The thinner the material is the better. Make sure your partner has their head down, so they feel the embarrassment of being over your knee. The point isn't that you get any real sting in the bottom. You just want your partner to be in the discipline position and you need to know

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what it feels like to spank a live person. Afterwards you will both know that the programme is up and running.

Control any hands that get in the way and just spank (not too hard). As you spank remind your partner why you are spanking them and ask them if they understand that this will happen again if they transgress similarly. That last bit is important because you want them to engage in the disciplinary process and get their mind focused on the fact that you are serious about the programme. Spank for a bit, then pause, keeping your partner's head down. Ask them to shift position (even if it is okay) and present the bottom. That is, stick it out more for spanking. Then start spanking again. The point in this bit is to get them to obey instructions and to emphasize that you, not they, are in control. When the five minutes are up, or if you detect that you partner has had enough earlier, let them up.

That's it. Congratulations! You just had your first session.

6.2 Post-spanking

Afterwards, your spankee can be red-faced, from embarrassment or just because they have had their head down for a few minutes and the spanking has stimulated their circulation. Do not concern yourself with how they feel. The spanking has been very light and you need to be aloof. Just get on with your own business, go to work, get on with some jobs, but make sure you leave them alone. Both of you will be churning inside with that frisson of excitement and need sometime apart to come to terms with it all.

The spankee will have a little hum to remind them of what just occurred and they will know that you are going to follow through with the discipline. Watch to see if there are any changes in behaviour for a day or so afterwards; a little more dynamism in their day-to-day jobs, a little happy glow, or a certain look they give you when your eyes meet. Alternatively, watch for signs of apprehension or doubt creeping into their actions. If you have any concerns, ask them if they want to talk about it. Sometimes the discipline does not click straightaway. Don't give up if this happens. Try a few more sessions like the one above until you get used to each other. You are going to have to learn a completely new dynamic of how to approach each other during the discipline. That can be exciting but also a little bit awkward.

Wait a few hours after a session then ask your partner if the level was right. They won't really know straight after because all the adrenalin will be pumping and the evidence will not have had time to fade. A quick answer will be different to a later more considered one.

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If they are still feeling the effects after two hours or so, you are probably spanking too hard. Then again, if the feeling did not last long enough, leaving a feeling of anticlimax, you are probably not spanking hard enough. Reprise the chapter on spanking if you have any problems.

6.3 Following sessions

Mentally, that first exchange can be a shock to the system and it will take a few days to settle. This is going to happen often in the first few months. Each new experience is going to stir up emotions. You have to break-up the old pattern before you can build a new one. If your partner enjoyed being mastered they might not like to admit it and feel embarrassed when you ask them about how things are going. Likewise, if you, the HOH, got a buzz from the sense of control you will have to come to terms with that too and not get carried away.

In the sessions that follow, continue to ignore the big issues so that the length and severity of spanking is limited. Get used to putting your partner over your knee. Take one wrist, guide them down into position, and then adjust the sit of the bottom before spanking. Always talk about the issue that has led to the discipline and get your partner to say they will try harder. Remember that once the spanking is over a transgression is forgiven, so it has to be dealt with completely during a session. If your partner transgresses again, that is another instance, and another session. The rules are very simple.

At each session, build up the level of spanking until it is reasonably firm. Eliciting a gasp from your spankee for every two or three spans on the same spot is about right. Remember that a disciplinary spank is about creating some hum in the cheeks. The best way to do this is to time the peak between the spank and their reaction. They might clench the buttocks and then relax. Spank again straight after they release and you will overlap the peaks raising the temperature in the bottom and adding a little sting. With only five minutes of spanking the cumulative effect is limited so don't worry about going over the top.

Once you are happy with the level of discipline, and your partner is relatively comfortable receiving, move onto the next stage. Spank between five to ten minutes using the first half of the session through clothes to get the level correct then move onto spanking through pants. Here, skirts and dresses have the advantage over trousers because you can just lift them up while the spankee stays in place. For trousers, you have to let the spankee up to unzip and pull down. Then it is back into position for more spanking. Unless your spankee is wearing

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regulation knickers, you will be able to see a red tinge to the cheeks. When you let them up their other cheeks will be red too!

Spanking through pants pushes your DD up a notch. For the next few sessions begin to prepare for bare-bottomed spanking by moving the start of spanking over pants further forward in the session until that is the way a session starts. Fill the second part of the session with spanking on the bare cheeks. The process of exposing the bottom is embarrassing for the spankee, which adds to the mental aspects of the discipline. The spansks will also have greater effect. Spank for the first third of the session through clothes, then the second third over pants, and then tell your subject that it is time for bare flesh. Pull the pants down to just below the cheeks and spank for the last third making sure you follow the guidelines in Chapter 4. Always spank through clothes or pants at the start of a session to acclimatize the bottom.

Slowly increase the time spent bare-bottomed spanking until it covers virtually all of the session and you begin with your spankee adjusting their dress (which means skirt up or trousers down) before they assume the position at the start, unless of course you like doing that yourself once they are in place. It is particularly controlling to adjust your partner's dress and does emphasise who is in charge. Usually, it is for the spanker to remove the pants as it preserves modesty and avoids unnecessary exposure of the genitalia. Not being in control of that part also makes the spankee squirm mentally. It's not the usual thing to let somebody remove your pants. By letting you do it, they are affirming your right to be HOH.

Do not rush yourselves through these early sessions. Revel in the fact that you are learning to do something very intimate and personal together in partnership. The sophisticated stuff of synchronising emotional cycles and heavier discipline with paddles and so forth can come later. It is important to build up the trust in each other and to give the spankee's bottom time to toughen up. We will get to therapeutic spanking presently but until your partner's bottom is properly sensitised stick with the basics.

6.4 Building the Rapport

As your sessions continue, the rapport between you and your partner grows. They will know what you expect when you tell them it is time for discipline and will feel safe in your hands. They will know what position to adopt and get used to preparing themselves. You will know that you can dispense discipline safely and effectively. Once you get to the ten minutes of spanking, it is time to consider having longer

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sessions with breaks between the spanking parts. Don't worry, you can still do the quick five-minutes for minor things but by now you should be getting confident enough to tackle some more major rule breaking and move towards the full programme.

The next step is to build up the ritual of dispensing discipline. It is a good idea to have an agreed protocol to give the session some structure. That way each person knows what to do and like a duet, you work together in harmony. A typical regime goes something like this. While you position the chair the spankee takes up an assumed position. Standing facing you with feet together hands behind their back is good. You tell them to adjust their dress and then assume the position, which is over your knee. Then the session starts and you talk to your partner about the transgression while giving the discipline. Once the discipline is given, it is traditional for the receiver to thank the spanker for their diligence and attention. It is understood that they will try to avoid repeating the behaviour but saying thank you acknowledges the time you have taken to apply the rules and bring them back into line.

Some couples like to adopt a particular form of address to emphasize the fact that this is a discipline session. For instance, the spankee has to address the HOH respectfully as Sir or Ma'm, Husband or Wife. Don't laugh. A lot of DDers report that they thought this was really over the top when their HOH first suggested it but after a few sessions they found that it really helped to get them in the disciplinary headspace. In many places, like the US for example, children are taught to do this as a sign of respect for their parents. There is nothing much wrong with that. If you can't respect your partner or your elders, who can you respect?

Anyway, it is your choice. What you come up with is going to be unique to your relationship. Some couples prefer not to talk at all in a session. Discipline is dispensed in stoic silence and that is that. If the spankee does speak or squirm, it is a sign of disrespect. Well, by not talking you are missing an excellent opportunity to communicate. In that short period, your normal defence barriers are down. Likewise, if your discipline is any good, you should expect the odd gasp and wiggle. That tells you it is being effective.

When you are ready for the longer sessions a five-minute spank will feel like a breeze. Maybe your partner is a bit too cheeky over breakfast and you have a quick impromptu spanking that leaves them with a faint glow as you go off to work and they slip into the shower. Or perhaps you are out with friends and your partner makes some embarrassing faux-pas. When you get them home, it is five-minutes

over your knee before bedtime. Whereas before you might have brooded, tossed and turned all night filled with angst, or maybe just had a bit of a slanging match, the discipline is applied instead. No arguing, the transgression is forgiven and everybody is grounded. Harmony restored. Bliss!

6.5 Corner Time

The longer sessions need some extra organization. For one thing they are not off-the-cuff, so you need a proper procedure to make them work and a properly organised venue (the bedroom, the lounge, or if you have it, a spare room that can act as the discipline room). In one sense it is a good idea to avoid using the bedroom or lounge which are associated with other activities.

A longer session is necessarily more intense and left only for the most negative behaviours or a collection of smaller behaviours that overall add up to a pattern of more or less wilful negativity from your partner. You want the discipline to send the message that such behaviour will not be tolerated but without over doing the spanking. Recall that a bottom spanked too intensely for too long will go numb and make the discipline ineffective. Your partner will not feel it during the session and afterwards will be very sore and resentful. What you need to aim for is something that keeps the bottom alive and sensitive over a longer period than the five to ten minute session but does not inflict bruising or other health problems.

The trick is to use corner time. Use your first ten minutes of spanking to acclimatize the bottom and raise the level. Then let your spankee rest. Allow them to stand-up and assume another controlled position while the bottom recovers a little. For example, standing in the corner facing the wall (which is why it is called corner time). Corner time can be used effectively for the spankee to think about the transgressions that brought them to this point and perhaps resolve that they are not going to subject themselves to this type of session again. You can also change positions after each break to add a bit of variety and find a position that seems to work best.

If your discipline levels are right, the first part of the session (ten minutes spanking through pants and five of corner time) gives the bottom a mild redness and little more. The second session moves to bare bottoms to produce red cheeks with mild hum. The third session produces distinct redness with a certain moon-glow. That is, the spankee can feel the cheeks radiating heat built up from spanking when they are in corner time. In the fourth session, the cheeks take on

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a more angry purple and in corner time, the spankee can feel hum and sting. Because you want the heat to radiate (so the bottom doesn't go numb) it is a good idea to leave the spankee standing in a position that exposes the bottom to the air and that means keeping the pants down during corner time. If the bottom starts to turn more bluey than purple you have done enough spanking for that session.

To keep the session focused use the corner time to remind the spankee of the reasons for the discipline. If you are keeping a discipline log, get the spankee to present this to you at the start of the session as part of the protocol. Then, at each corner-time, mark off the things dealt with in that section. Deal with minor things in the early part of the session, leaving the major items for the last two sessions. That way, the most sting is associated with the most negative behaviour and the spankee can appreciate why it is deserved. Stop the session once all the transgressions have been dealt with. Do not stretch it out for the sake of it and keep each part of the session proportionate to the transgressions. If you are going to use a paddle or implement, introduce it in the third or fourth parts of the session depending on the final intensity required.

Because this is a corrective spanking, you will need to gauge the speed and pace correctly. Ideally, when your partner leaves the session their bottom will hum but then fade over a few hours without leaving any bruises or other problems. This will keep them grounded afterwards and thinking about why they were disciplined. Spank too slowly and the bottom will not heat up quickly enough. Spank too fast and you won't be able to get to the end of the session before the spankee is exhausted. If corner time runs for too long the heat in the cheeks will subside and any release of endorphins will have a chance to reduce the effects of the spanking making it more therapeutic than disciplinary in nature. That is not what we want at all. In a corrective spank, the sting is the thing. That is what snaps the spankee back into the right headspace and makes them think twice about transgressing. Over time, you will learn just how much and at what pace you need to spank your partner.

For now, if all that sounds like too much to deal with remember that full sessions are only for the real major discipline breaches and as such, they should not occur very often. Most of the time your spanking will be at an intermediate level with a little bit of hum and sting to remind the transgressor of the errors in their ways. The golden rule is this: if you push your spankee too far too quickly, and they start calling time, you have lost the initiative. That can only leave them resentful and doubting your competence. Do not over do things. Feel

for the edge of your spankee's limit and keep them as close to it as possible. As their tolerance builds you can increase intensity but go at their pace. Do not introduce an implement until your partner's bottom is reasonably robust and when you do introduce something like a paddle or hairbrush, remember to spank more slowly and less forcefully than when using the hand.

6.6 Maintenance

When you have done a few short disciplinary sessions and have some rapport, you can move to therapeutic spanking. This form of spanking is given out of love and not because of any rule breaking. If your partner feels safe, they may ask you for some extra discipline because of some internal emotional issue. Likewise, seeing a change in their demeanour you might suggest that it is time for a spank.

The approach for the maintenance or therapeutic spank is completely different to the corrective spank. A session is longer and gentler than most disciplinary sessions and there is no corner time. The approach is caring and gentle. Rather than trying to create sting in the bottom you want to create a general glow. The radiating warmth from the bottom can spread through into the tummy and genitals to create a sense of well-being. The idea is to create a haze of mellowness in the spankee's mind, allowing them to relax. This reduces tension and internal emotional conflicts.

Try to build up a spanking rhythm that they can predict. Anticipation helps to get them into the ideal state. Don't spank so hard that it causes them to clench. Spread the spanking all over the bottom, rarely spanking the same spot twice in succession. That way the whole bottom slowly heats up and glows. If you are doing it right your partner will go limp (or floppy) over your knee and you might notice signs of arousal or the smell of musk. Spanking like this can get some people seriously turned-on. For now, we will ignore that but see Chapter 7. Because of the relaxed state, some partner's prefer a different position, like over your lap on a settee or bed. This puts their head in a less submissive position and lets them lie more or less flat.

Talk to your partner and ask them if the spanking makes them feel better or encourage them to tell you what is on their mind. Some of the things might seem trivial to you but are important to your partner. Go with it and let them talk to you. A face-to-face discussion is often a lot harder, especially if the issue is something they regret or are embarrassed about. You might find that connecting in this way makes it easier for them to confide in you at other times too.

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Get the bottom warm to the touch and then pause, letting it cool a little. Keep doing this and the heat will build up without introducing the sting. Ideally, you stimulate the nerves in the bottom sufficiently to generate endorphins. If the intensity is too great, the endorphins cannot keep up with the sting and so you get soreness and discomfort. By rhythmically spanking and pausing, you get the sting to subside but the endorphins once released are still there floating about in the body. With enough skill, you can get the body to release more and more endorphins by repeatedly bringing the butt up to temperature without raising the sting. The result is a chemical high for the spankee. Their mind will start to float and they will feel blissed-out.

Obviously, you cannot do this in five minutes. Thirty, forty minutes to an hour, tops, should do it. After that, your partner will start to switch off and come out of it anyway. There are only so many endorphins that the body can create. The ambience of the room has to be just right. Put on some music, light a few aromatic candles perhaps. But generally be relaxed and make time for each other. When your partner sees that you are taking the trouble and your spanking is more caring and gentle than for corrective discipline they cannot help but feel loved and cherished by you. By listening, you are fulfilling a basic need, you don't have to agree, comment, or offer any solutions, just listen. In fact, the only things you need to do is concentrate on the spanking and say the odd word of encouragement to get your partner to engage in the process.

6.7 Aftercare

After a spanking session, there is always an awkward moment when things switch back to reality. This goes one of three ways depending on whether the session is spontaneous, organised correction, or a maintenance spank.

For the five-minuters you just get on with life as though nothing has happened. For the others there will be some after effects. In a corrective spanking, you have to keep the separation of the HOH and the passive partner. Thus, one of you has to leave the immediate site of the spanking. As HOH, you might dismiss the spankee, restore the venue to its normal use, and put away any implements. Alternatively, you might leave and let the spankee have time to deal with the aftermath and inspect their bottom. Unless you have gone over the top, and your partner needs some treatment, there is no reason for you to stay together. The spankee requires time to reflect and feel the hum. The spanker needs to think about how the session went.

For a maintenance spanking, you stay with your partner to bring them down off the high. A nice way to do this is to massage the bottom with oil or a soothing cream to minimise the after effects (see [44] for products). Stay close and perhaps do something more mainstream together. If your partner is excited in other ways, you might want to explore those possibilities too. Basically, it is a matter of just enjoying being close and together.

6.8 Disruptive behaviour

So far, we have described everything as though the passive partner lays across your lap and just accepts the discipline. The DD contract says that a partner must present himself or herself for discipline and that they should not seek to undermine or thwart the process. Many partners do exactly that but there are a few things to watch out for.

Disruptive behaviour can occur in a number of ways, some more overt than others. First is the strategy of avoidance. When you tell your partner it is time for discipline or they know that a discipline session is coming up, they are conveniently not available. Either they are absent or have a work commitment. This goes directly against the spirit of the DD contract but might occur because your partner is not confident that they will be disciplined properly and within bounds. So check that you are doing everything correctly. After that, spring a short impromptu session to deal with the avoidance and then do the proper session later.

The second method of avoidance is bargaining. That is, the partner offers a bribe to the HOH if they let them off the discipline. This can range from doing one of the HOH jobs right through to bedroom favours. Don't engage in this type of nonsense. The rules are clear, once a transgression occurs you administer the discipline. While we are on the subject, it is also wrong for the HOH to suggest that any discipline earned can be traded-in for a favour. Discipline is always given. Domestic discipline is not a game. If you want to play, read [5].

The third avoidance technique is to disrupt the actual discipline session with non-compliance behaviour. That is, refusing to follow the agreed protocol, refusing to take up the spanking position, and then waywardness (wriggling, getting hands in the way, leg scissoring etc) during the spanking. That last one you might tolerate a bit, especially if your spankee has a sensitive bottom. But waywardness should always reduce and be under control towards the end of a session.

Some spankees take the opportunity to get a little out-of-line, be foul-mouthed, and generally obnoxious. They figure that if they are in

for a whumping they might as well get some angst off their chest as well. All this is a bit of dual edged sword. On the one hand, it is good if they feel so unrestrained. Letting out all that emotion can have a therapeutic effect. But if it is because they hate taking the discipline, you might have to re-think the corrective part of the programme. Chapters 7 and 8 suggest some alternative forms of discipline that can be just as effective. Mostly, it is a judgement call. Remember, everything has to be consensual. Don't force a partner across your knee or into anything else. If they are playing up find out why.

An extension to misbehaviour in the discipline session itself is deliberate misbehaviour at other times. This normally happens when a partner actually likes spanking or is too shy to ask for a maintenance spank. Some people do get a tremendous buzz from the whole process. The characteristic signs are when there is no negativity and the passive partner does something out of character, gets a bit cheeky, or makes it obvious that they are breaking a rule. For example, they might look at you and deliberately drop some clothes on the floor, or they might constantly quip at you while you are out in town. This type of behaviour is called bratting. Some brats can get really sullen and sulky. Sometimes the behaviour will escalate and become more public until you have to deal with it. What they are saying is – spank me! If your partner is bratting you need to read my other book [5] because they probably want a bit more than just straight spanking.

The final form of disruption is crying. Discipline is an emotional event. A side effect of all that activity on the rear is that some people like to weep. This can be disruptive if you don't know how to deal with it, or are not confident about your levels of spanking. The first thought is that you have gone too far and are hurting your partner. A spankee is more likely to cry with emotion during a prolonged maintenance spank. When it happens in a corrective spank, it is more to do with the level of spanking. You can always check by asking your partner. Make sure that they are not just staying in position because they are trying to obey the contract even though they are past their limit. If the limit has gone stop the session immediately and spend some time together in aftercare to make sure they are okay.

If the level is right, crying might be one way in which your partner lets out their emotions. If your partner feels sufficiently safe to let you see them cry your DD relationship is working well. Encourage them to let out the angst while you continue spanking. Once it happens many people find that it gets easier in following sessions. If it is a therapeutic spank, you might use more soothing words. In a corrective spank, you need to emphasise that the discipline is working. Never

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spank to make your partner cry. Usually you end up spanking too hard and your partner will lose faith in your abilities. Likewise, if your partner cries easily or you do not like to see your partner cry, you will have to work it through together and maybe think about mixing lighter spanking with other forms of discipline.

6.9 Summary

In this chapter, you have discovered how to start up and move into the full discipline programme. The idea is to start small and move forward together, the HOH gaining confidence in applying the discipline, the passive partner learning to receive. Once you have got used to discipline you can start to expand the length of a session and develop a unique protocol that guides your discipline. Follow these simple guidelines and you can have a fulfilling domestic discipline lifestyle running in no time. However, before you close the book you might like to read the following few chapters for some more advanced techniques.

CHAPTER 7 *Non-spanking discipline*

Although the primary means of discipline is spanking it is not the only form of discipline used by DDers. This chapter and the next explore non-spanking forms of discipline. There are several reasons why you might apply these methods. The first is the need to keep your physical discipline within safe and sane bounds. A longer discipline session requires a recovery time. When marks appear, you must wait for them to heal before engaging in another session. In the meantime, alternative forms of discipline can maintain the momentum.

A person's ability to take discipline varies with mood, general fitness, and time of the month. The most obvious example is a woman's menstrual cycle. Bodily changes mean that they may have lower tolerances during their period. Pre-menstrual tension (or PMT) may also result in negative behaviours. Likewise, there is reputedly a male testosterone cycle with similar effects in the man. It is unfair to discipline a partner physically for things they have no real control over. It is also quite likely that they will call time in a spanking session and that can set the trust in your relationship back significantly. A wise HOH varies the discipline to help their partner through these highs and lows.

Another reason for not spanking is if your partner cries a lot or looks distressed during a spanking session. They may be willing to submit as an act of loyalty or because they want to believe in the programme but as HOH, you might find it too traumatic to discipline the one you love. For a mild spanking you should be okay but a longer heavier session could be too much. Use the techniques in this chapter to reduce the number of longer sessions. The only caveat is not to reduce the physical discipline to a level that is ineffectual. If you do that, what is the point? You might as well try some other relationship fixing strategy.

7.1 Principle of non-spanking discipline

The principle behind all these methods is removal of privileges or setting a task that requires the subject to show some self-control. In

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the first case, the deterrent is that if they fail to obey the partnership rules they will lose out. In the second case, a lot of negative behaviour stems from feeling overwhelmed or having difficulties setting boundaries.

When you cannot discipline by the main method you need other sanctions to get your point across. Below we itemise and briefly explain some basic alternative methods of discipline. If you take a tour through the various blogs and internet resources [26]-[35], you will find a variety of discipline ideas from the inventive to the vindictive. It is a broad church, read everything with scepticism. Some bloggers just record their personal fantasies. More structured forms of non-spanking discipline are available on sites such as [18]-[25].

7.2 Basic techniques

Non-physical discipline works just like it did with teachers in grade school. Mostly you will recognise these techniques from your adolescence and, yes, some of them are a bit juvenile. No apologies for that, these are effective ways to solve your disciplinary issues.

Grounding: the most obvious technique is to apply the age-old trick of keeping your partner indoors. For a period determined by the HOH, the passive partner is not allowed to do the social things they normally enjoy. Instead of being out with friends, they are stuck at home. It worked when you were a teenager so there is no reason why it should not work now. Again, the penalty has to be proportionate. Don't think that you can cut them off from life outside the partnership. That is not the point. If they really enjoy doing something or even if they just have to explain why they can't, that will help them avoid the behaviour that created the restriction. Of course, your partner is an adult, whether they obey or not is up to them. That is the crucial point. In agreeing to the DD lifestyle, they have agreed that the HOH has the right to apply such a sanction. If they disobey, they are disrespecting the partnership.

Curfew: here your partner has to be back home by a certain time. This form exerts less control than a total ban and your partner has to exercise some self-control to obey the rules. A variation of this technique is to have a given bedtime. So when your partner is on curfew they go to bed early, can't watch the TV, and so on. You can make it as strict or as caring as you like. For example, at curfew time they just have to go to their room, get undressed and into bed. Alternatively, you can be more controlling, checking for lights out, or helping them into pyjamas, and putting them in to bed. If it is done in

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a caring way, perhaps with cuddles, maybe even reading out-loud from a novel, or a little spank, this can also be quite therapeutic.

Lock down: this is an extension of grounding in that you physically restrict the movement of your partner. That is, they spend time alone in a room (bedroom, study, spare room etc). You might actually lock them in but again be proportionate, do not leave them in there for too long, make regular checks, and ensure that they can access toilet facilities and other necessities. The idea is that while confined they reflect on the misdemeanours and so feel contrite afterwards. The sheer boredom also acts as a deterrent.

The (naughty) chair: use this type of discipline if your partner has trouble switching off. For example, if they have a home office, or are heavily into supporting the local community, they can sometimes run themselves ragged and lose the ability to cope. When you see this happening, remove them to a chair, settee, or even a step on the stairs. They have to sit on the chair or whatever until you tell them they can get up. Doing nothing is supposed to calm them down, knock their mind into a more relaxed state, and allows them to gain some perspective. Afterwards they can go back to what they were doing or just chill-out. A variation on this idea is to use corner time by having an agreed place in the house where your partner goes to await other forms of discipline or just as a home version of time-out.

Time-out: this is another age-old discipline technique. Like lock down and curfew, it works by pointing out your partner's behaviour instantly and then removes them to a place where interaction is limited so that they can sort out their headspace. You can use it in conjunction with the chair method but it is also useful in public. For instance, if you are out shopping and your partner wants to buy something but you say no and they get moody, bratty, or just plain sullen. Use a time-out and make them sit on a park bench or stand by a shop window, or somewhere else that is convenient. Don't talk to them during the time-out and make sure that they know failure to comply will end up with a spanking at home. After five minutes, go on with your activity. Your partner has been disciplined and they are forgiven. That is much better than ending up arguing in public or brooding in silence and ruining your time together.

Internet Privileges: if your partner is an avid blogger, surfer, or emailer you can control behaviour by restricting access to the computer. There are many easy-to-use parental control packages available to set filters, restrict access to content, or set hours when the computer can connect to the internet. So, if one of your problems is the amount of time your partner spends on the net or if you disapprove

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of the content or sites they visit, you can place restrictions and block sites. You can turn this into a reward too by unblocking sites when your partner has obeyed the rules, been attentive, or spent time doing jobs around the house.

Self-Improvement: this technique combines a grounding or lock-down technique with some educational activity. Rather than leaving your partner to stew in a locked room or on house curfew, develop some hobbies or a self-improvement programme. Here you can set a reading list or some hobbycraft type activity. So, for example, if it is a book to read, ask for a book report at the end. Alternatively, choose something that you know they hate doing. A good one is needlepoint (embroidery and so on) which works with both male and female partners. First, your average male is not going to enjoy it. For your female, it smacks of the little lady at home, so the average modern girl is going to baulk at it. You get the idea, something that is a skill or intellectual, but for which your partner does not display a natural affinity. Either way it works, if they really hate it then they can modify their behaviour to avoid doing it, otherwise they learn a new skill. It's a win-win!

The pointless task: this is a good one because it is such a sheer waste of time. Essentially keep your partner busy by doing nothing. For sheer tedium, you can't beat the sorting trick. Give the errant partner things to sort. For example, get a bag of sweet corn and a bag of peas, tip them into the same bowl and stir them up, then tell your partner to separate them out again. It is a mind numbingly tedious task but it makes the point. Breaking relationship rules is pointless and has consequences. If you want something with a little value, many household tasks can be pressed in to service; for example, cleaning the oven, bleaching the toilets, ironing, weeding the garden, collecting leaves (in the fall). These tasks are actually essential but probably neither partner wants to do them. If you are into teasing your partner, get them to sort out your lingerie or smalls draw. They might actually enjoy that last one, so use sparingly.

Writing Lines: here you set your partner writing the same line over and over. The more severe the behaviour the more lines you set. Come up with a pithy sentence that sums up the mis-deed and then ask for the number of lines your want (100, 300, 500, 1000 etc) and a deadline for producing them. The transgressing partner can do them when they like, so it is not that restrictive, but they still have to adjust their schedule to write them out. If you like, you can combine them with a lock-down or grounding. When your partner hands over the lines, make a point of tearing them up and dumping them in the trash,

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that way it becomes a pointless task too. Hopefully, they realise what a waste of time their negative behaviour has been.

Writing an essay: this is a variation of lines with slightly more use. Tell your partner to write an essay on why their behaviour is not acceptable and how they might improve matters in the future. Rather than being a mindless activity, the transgressor actually has to think about why they are being disciplined.

Making amends (or restitution): this technique means that your partner has to apologise for their behaviour and actually recompense the wronged in some way. So, for example, if they have been bad-mouthing a friend they have to make an apology. If they have broken or damaged something, they have to pay to get it fixed or replaced. The effect is greater if they have to do this with the HOH present but that also raises questions about the type of relationship, so you might just insist that they do it alone. You can combine restitution with the writing exercise by asking them to compose a letter of apology to the victim (which can also include the HOH).

Dress, Deportment, and Demeanour (or the three Ds): for this type of discipline, you control the appearance of the transgressor. This is a huge area and can include forced cross-dressing as well (see Chapter 10). It is popular with DDers because it is quite innocuous and does not restrict day-to-day activities. If one of the behavioural issues is poor dress sense, or slovenly behaviour, you insist that your partner wears a certain outfit and/or learns the correct way to hold him or herself. If he wears jeans and T-shirts and generally looks scruffy you can insist that for one day they must wear a jacket and tie. If your partner is a bit of a tomboy you can insist on them wearing a dress and doing their hair and make-up properly.

If the female partner wears office suits, sensible shoes, or is overly feisty, you can ground them by insisting that they look and behave more girly by wearing a sweet dress with ribbons, hair slides, or an Alice band. Likewise, if your partner goes out looking a bit tarty you can insist on a sensible Sunday-school or more wholesome girl-next-door look. The gathered waist dress, with stockings, suspenders, and sensible heels is a good choice. Matching underwear (bra and pants) is also a common one. You can even go for white gloves and a matching hat for special occasions or a weekend stroll!

In fact, many DDers agree a dress code for the discipline session. Often the requirements are very detailed, right down to the type of pants, hairstyle, and so on. For women, stockings and suspenders are popular because they are less restrictive than pantyhose and make it easier to remove the pants for bare-bottomed spanking.

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The idea is that the errant partner comes to associate the attire with discipline and the need to behave. On discipline day, the passive partner will dress correctly so they are ready for the discipline and are demonstrating their commitment. Does it work? Who knows but the ritual of dressing in the right way makes a nice addition to the protocol and shows respect for your HOH and the discipline. That is all that DD is about, sticking to a set of rules. After a time it becomes almost second nature. Early on, dressing correctly will give you a little charge of excitement, just like when you used to make extra effort before a date. Later that small act emphasises the special nature of DD and helps to continually renew that buzz in your relationship.

7.3 Additional techniques

Most mainstream DDerS staunchly defend the position that domestic discipline is not a BDSM activity. Well, they are mostly right. As you move more into the control aspects of discipline, you move closer to the boundary between domination and DD. Most DDerS don't do BDSM kind of stuff but there are people that like to play at the edge of the scene and may even cross over. Where does discipline end and become control? There is more on this in Chapter 10 but for now, we present some discipline methods that have a mild bondage theme. None of these techniques is a requirement for a DD relationship. If you do not like the ideas, or where it might take your relationship, don't use them. It is as simple as that.

Key holding: here the HOH takes custody of some item for a certain length of time. For example, if your partner uses their mobile phone constantly, they can hand it over and see how it interferes with their life (probably not a good idea if it is essential for work). The point is that by demonstrating how inconvenient life becomes it illustrates how the negative behaviour affects the relationship. If one of the problems is money, you can ask for the credit card, so that they cannot spend for a while. This works on several levels. First it cramps their life-style, turns them cold turkey on spending, and gives you time to pay off some of the debts. Keep the said item in a chest, lock it away, and guard the key until the discipline is complete.

Nudity: this is a more adult form of curfew discipline. The transgressor cannot wear any clothes. Obviously, you can only do this around the house unless you live near a nudist colony (but then that isn't discipline, is it?) So, for example, they have to spend a morning, afternoon, or perhaps a day at the weekend without any clothes. They are still required to do the usual household jobs but in the nude. For

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safety reasons you might allow an apron or something for cooking or cleaning and so on. A milder version is that a partner sleeps without pyjamas, or isn't allowed to wear knickers to work. The principle is that it heightens the transgressors sense of embarrassment and that they will avoid misbehaving in future to avoid a repetition. Watch out though, this can be exciting for some or just a step too far for others. Sometimes spanking discipline is given with the spankee naked. Undressing might also be part of the discipline ritual. A spanking before bed, a shower, or bath, or early in the morning between getting up and getting dressed, is often the easiest to organise.

Collaring: here the partner wears a collar (like a choker) when they are being disciplined. You can get collars from virtually any sex toy website or real quality ones from Goth or actual bondage sites [53]-[56]. Plain and simple is probably best so the transgressor can wear it in public or to work without drawing too much attention. A soft leather one, like a cat collar, with a number of settings is best (1/2 inch to 1 inch). When discipline is required, the submissive partner presents the collar to the HOH, who then fastens it in place. The principle is that the feel of the collar is a constant reminder of their need to behave.

In the BDSM community, novice submissives often wear training collars during sessions but not at other times. Wearing a collar in public demonstrates a long-term commitment to the dominant partner. That is pretty much what you are doing in your DD relationship but you are not agreeing to be completely submissive. That said, of late, bondage collars have become a kind of fashion accessory. Most people will not even notice and even if they do, they do not know what it implies. If you do come across somebody in the know, usually they will be discreet.

You can combine this technique with key holding by using a lockable collar so that only the HOH can remove it. The latter prevents the transgressor taking the collar off when they are out and then slipping it back on before they return to the HOH. Another variant is to combine the collar with nudity. The partner is naked except for the collar. Posture collars and braces are also available to instil the correct deportment if slouching and slovenliness are an issue. A high collar shaped at the jaw can deal with keeping the head up if your partner is bad at eye contact or looks down all the time. A collar and pole combination keeps the back straight and shoulders back.

Leash and Harness: here the partner wears a collar with a ring so that the HOH can attach a leash. The idea is that the partner does not stray too far from the HOH. So for example, you have a discipline

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evening together where the submissive partner wears the collar and leash (and not much else). The leashed partner kneels or sits on the floor, or by the HOHs chair. You might watch a film together, listen to some music, or just read. Asking your partner to read aloud while adopting an agreed position is a nice combination with posture and deportment training that also includes an element of self-improvement. A variation is to wear a body harness, which consists of leather straps and rings, as well as the collar and leash. The idea is that the passive partner reaffirms the dominant role of the HOH. Not for everyone but it can make a pleasant interlude.

Gags and Head harnesses: A variety of equipment exists in the bondage community to prevent a partner from speaking. They range from simple ball-gags, to bits, and all manner of contraptions. If your partner is of the foul-mouthed variety, a gossip, or never lets you get the last word, you can use this as a form of discipline to shut them up temporarily. Some gags can be dangerous and the position of your partner is important. A gag restricts the mouth's ability to get rid of saliva and can block the airways, so be careful what position you put your partner in and make sure you check on them regularly.

Head harnesses do not put anything in the mouth but have chinstraps instead to control jaw movement. Be careful if you use gags or head harnesses with physical discipline because your partner might end up in the wrong position and cannot tell you they have gone past their limit or about other problems. Agree a hand signal to stop any session. Combined with collar and leash activities you can have a quietly submissive partner for an hour or two. Next time they want to chip-in on some discussion or tell tales, they might hold their tongue.

We could go on but now we are definitely pushing the boundary of what is acceptable in domestic discipline. Anything more involved and you are in a different scene altogether. Still, trying one of these more risqué techniques every so often can add a bit of spice to the relationship especially if you are both experimental. Observe that the sample DD contract says nothing about this type of discipline. That is because usually it does not cause any physical effects. If you are concerned or want to rule some things out, draw up a separate agreement on non-spanking discipline as a codicil to your main DD contract.

7.4 Applying non-spanking discipline

The previous sections have given a range of alternatives to spanking. The list is not exhaustive but you can appreciate the general

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principles. A HOH must take action to set the appropriate boundaries when their partner is not capable of doing so. When they get deeply into the negative phase, you cannot spank all the time so intersperse the spanking with these other forms of discipline. Be inventive. That way you keep your partner on their toes.

The types of alternative discipline you choose to apply must fit with your partner so that they get the real benefit and can engage with the process of trying to control their own behaviour. Of course, you will need a sanction in case your partner gets a little defiant. Thus, the consequences of not obeying the chosen form of discipline should be a disciplinary spanking at the harder end of the scale. For example, if you put your partner on a chair and they get up, they get a spanking. Make that clear when you sit them down. Likewise, with the other forms, make sure the consequences of breaching the discipline are clear, otherwise your partner can end up stuck in a cycle of discipline and that just switches them off to the process. Remember, safe, sane, and proportionate. The general idea is to choose discipline that does not make your partner too defiant. Choose forms that make them squirm a bit but that does not push too far. Also, refrain from choosing the form of discipline you want because it gives you an extra buzz. The discipline is for the benefit of your partner not for you. If it doesn't work for them it isn't working for you.

Non-spanking forms of discipline allow a longer discipline session. Used carefully, they can form a day of discipline or a regular sequence of punishments. For instance, spank your partner and then have them dress in a certain way. Next, go out shopping or whatever (together), before returning for another spanking session. You might then go into an afternoon of self-improvement, essay writing, or whatever before another spanking session in the evening. After that, it is a curfew and early bedtime, or an evening of cultured collar training. That might sound very controlling. It is, but done for the right reasons it can have very beneficial effects. If your partner likes to be mastered, spending time together in this way will make them feel cherished. Similarly, if they struggle with boundaries, a discipline day can give them practice at obeying rules, which then rubs off on everyday life. Self-discipline comes from controlling your urges; sometimes it needs a little help.

Another approach is to use the non-spanking discipline in a regular regime. So for example, early to bed might happen every night for a week. You might have a regular collar day, or a hobby day, and so on. If your partner makes high-powered decisions everyday, take away their ability or need to do that at home. Being able to take on this different persona can help reduce stress. Alternatively, if your female

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partner has to act in a masculine way because of work, re-ground them by making sure they change into feminine clothes or sexy lingerie or take on a submissive role when they come home.

7.5 Excitement during discipline

Sometimes the passive partner gets sexually aroused during a disciplinary session. Usually, this is because the act of spanking gives them erotic feelings. The nerves in the bottom cheeks share the same neurological circuits as the genitals, so the act of spanking is a mild form of sexual stimulation. Some people also get a real buzz from the process of domination. For these people, the whole process of discipline can get them aroused, right down to the words you use to admonish their behaviour, how strict you are, the way you dress, and the way you control their waywardness. For a woman, this is in the form of exposing the bottom and the vulva, which is very submissive. For a man, being over a woman's knee can bring back all those feelings of when mom used to dispense discipline. The smell of perfume, rustle of a skirt, or the view of stockings calves and heels when they are head down can stir them up.

Although there is nothing wrong with consensual spanking for pleasure, when it interferes with the discipline it can become a problem. In the male, the evidence of arousal is difficult to hide. You will see or feel their reaction as you spank and naughty little boys tend to dribble. Women on the other hand tend to flush on the face, neck, and chest. They may also go limp over your knee or incoherent when they reach a certain level of excitement. Naughty girls also tend to wet their pants. This can be a small damp patch, which is evidence of wetness in the vulva or they feel like they want to pee. Wriggling around on your lap only makes it worse because it presses down on the bladder. Obviously, when it happens this distracts from the point in a disciplinary spanking.

There is not a lot you can do to prevent a reaction, except some corner time or non-spanking forms of discipline. The problem is that once your partner gets erotic feelings they will tend to amplify each time you have a discipline session. So either you try to make the discipline sufficiently hard to deter the behaviour (which can escalate out of control), confine spanking to the therapeutic parts of your programme, or try one or two additional discipline measures.

For boys you can deal directly with the erection. Trainee nurses were once advised to flick the penis of an over zealous patient with a pencil, presumably to deflate his ego. A better strategy is to have an

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ice-pack ready. When the inevitable happens, lie the subject down and place the pack around the testicles or over the erection. When the body gets cold, it withdraws blood into the torso from the extremities to protect the vital organs. Hence, problem solved. Cold showers work in the same way. Alternatively, place a towel on your knee with the pack on top then position your spankee so the genitals lie comfortably on the pack. If it is too cold or lumpy, place another towel over the top. Doing this at the start of the session can often prevent the erection in the first place. Don't leave them in contact with the cold for too long – the last thing you want is a case of frostbite down under!

Because men can be quite messy, prevention is often better than cure. So bind the genitals (Chapter 10) or put them into a chastity device (Chapter 9) beforehand to prevent anything unsavoury popping up while you are in the middle of dispensing discipline. If your partner is a dribbler and has loose foreskin, control the leakage with a few well-placed clothes pegs (the type with a spring hinge). Two should be enough to hold the foreskin together and seal the opening. Done properly, nothing is going to get out. Be careful removing them afterwards, the sudden rush of blood can sting.

Alternatively, use a soft plastic bag (like a small freezer bag) and an elastic hair band (the small ones for pigtailed or ponytails). Put the bag over the head of the penis and then slip the band over the top and down the shaft and position just under the ridge (or corona) to keep it in place. Bagging them up like that is often enough to prick their ego and deflate the member. Another alternative is to invest in some PVC or latex panties for them to wear when you spank. A warning, though, if your spankee gets a turn-on when you spank, the chances are that squirming about in rubber or latex combined with the plastic smell will only add to the effect.

7.6 Summary

Not all discipline needs to be spanking. A range of equally effective measures exists which involve controlling the passive partner in some way. Mostly these techniques are used in addition to the spanking, sometimes as a substitute for more heavy and involved sessions, or simply because it is more convenient to arrange. A non-physical discipline session tends to be longer than a physical session and incorporates something that modifies behaviour directly or gets the subject to dwell on the circumstances or negative behaviour that created the need for discipline. None of these methods is essential for

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DD but some of them can make a nice counterpoint and a bit of variation compared to the spanking.

The tried and tested methods of juvenile discipline can be adopted for adult discipline. The only requirement is that both partners agree to observe the rules of the partnership and do not shy from enforcing or accepting discipline when it is required. More controlling forms of non-spanking discipline tend to be overtly domination or submission. Buying fetish wear such as collars, harnesses, and gags can add a thrill to your discipline and make it extra special. If you are both willing to try this kind of discipline, just remember that everything has to be consensual. If one partner pressures the other into domination that will create increased levels of negative emotions so it becomes self-defeating as a disciplinary measure.

If you both enjoy the control aspects, domination can also act as therapeutic or maintenance discipline. Usually anything that gets the passive partner to de-stress or into an abandoned headspace helps to resolve internal conflicts. As with all things in this book, be open with your partner and explain the feelings you get when doing discipline this way. If it turns out that domination and submission is your thing then you will need to read up on those aspects in more detail. If you find kinky games to play then remember to make the distinction between play and discipline time. Always make sure you know which is which in any sessions. That will help you adopt the right balance in your lifestyle.

CHAPTER 8 *Enema Discipline*

Another form of non-spanking discipline is the enema. The therapeutic value of enemas is well known and the practice is so widely used that it deserves a separate chapter. Health farms and alternative medicine practitioners advocate the use of regular enema treatments. If your partner is into healthy living, there is a good chance that they have seen enema treatments offered or have actually had an enema at a clinic as part of a detox programme or in preparation for a more thorough procedure such as colonic irrigation.

Perhaps more than spanking, enema treatment is an everyday occurrence. Some estimates claim that an incredible 1 in 3 homes in the USA have enema equipment, and that up to 70% of women have had an enema at one time or another [70]. A simple internet search will reveal a whole range of websites offering advice and equipment [72]-[76]. For some reason, enema discipline and spanking seem to go together. Just as people can have a fetish for spanking, some people have a fetish for enemas [67], [68]. Quite often, a combined programme of spanking and enema discipline is used in DD.

Enemas can act as a therapy or as a punishment. In this chapter, we get to grips with enema discipline. As well as familiarising you with the concept, we identify why people submit to enemas, how to give an enema, and the difference between a punishment and therapeutic enema. Giving an enema requires intimate contact and the passive partner has to submit. Thus, the process of administering an enema has some of the same disciplinary characteristics as spanking. If spanking is not something that you both warm to, or you need a substitute while your partner recovers from a spanking session, enema discipline can be a useful and interesting add-on to a DD programme.

8.1 What is an enema

Put simply, an enema is the process of washing out the bowels by filling the large intestine with liquid. The mix can be straight water or diluted formulas designed to achieve certain effects. For example, a barium enema is given to a patient prior to an X-ray or scan of the

colon to show up any abnormalities. Usually the receiver (or enemie) holds the fluid in for anything from 5-20 minutes by squeezing the anal muscle shut. This holding time allows the fluid to soften up any faecal or other matter in the colon before a visit to the toilet to expel the fluid.

A typical enema session can be one infusion of liquid into the bowel but often there are three or more stages. In the first stage, an enema is given to ascertain the capacity of the subject's bowel and acclimatize them to the sensations. The second stage involves an enema made up to a particular recipe designed to have one or more 'therapeutic' results. In the third stage, another enema is given to rinse out the colon and complete the process. A standard enema uses clean water for the first and third stages and a soapy water mix for the middle stage.

The fluid enters the colon from a reservoir of enema mixture via a tube connected to a nozzle inserted into the rectum. The process itself requires an act of submission by the receiver who then has to hold in the fluid, which also requires a degree of control. A therapeutic enema aims to soothe particular symptoms while a disciplinary (or punishment) enema aims to give the subject some mild discomfort. In the latter, an anal plug prevents the enemie from expelling the liquid until allowed.

8.2 Why enemas

The vast majority of enemas are therapeutic. Often, they are used as part of a general lifestyle, to alleviate the symptoms of some medical conditions, or as a better cure for constipation than laxatives or suppositories. Enemas can soothe conditions such as colitis, irritable bowels, or help with complaints such as diarrhoea, period pain, depression, migraines and tension headaches. Another use is to clear the colon for investigative procedures such as a sigmoidoscopy or colonoscopy. In the past, enemas were common on maternity wards as a preparation for childbirth. Clearing the bowel prevented the embarrassment of the mother-to-be expelling faeces during labour, eased the passage of the baby, or even helped to induce contractions to get them started. For the latter, modern drugs are more effective but it perhaps explains why women of a certain age seem to be more agreeable to enema discipline.

The large intestine is where the body dumps toxins but it is also absorbent. After digestion, what is left of our food leaves the small intestine and enters the large intestine (or colon). The colon extracts

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water and absorbs vitamins, this compacts the remaining waste matter into faeces. Consequently, the membranes in the colon act as a two-way filter. Sometimes enemas are a quick way for the body to absorb medicines or nutrients that cannot be taken in other ways. Washing the colon flushes out toxins but the enema mixture also allows the body to absorb various fluids. For example, the world famous coffee enema is used to detoxify the liver. Other mixes can soothe the bowel lining when it is irritated or cause other reactions.

Some estimates claim that the average person can carry two to five pounds in extra weight due to material left in the bowel. Even if you empty your bowels regularly, there can still be an incredible amount of stuff stuck in there. That is why people obsessed with their weight tend to have colonics or enemas. In conditions like constipation, material from the small intestine can overtake material already in the colon and lead to bloat and abdominal pains. People with sensitive bowels or into clean living have a regime of taking an enema everyday before bed or after a bath to clear things out properly. Because you have to relax and 'chill-out' while receiving an enema, it is also a method of stress relief.

Of course, people can get addicted to the whole ritual and feelings of enemas. The enjoyment of enemas for their own sake is called Klismaphilia. Like spanking, it is classed as a paraphilia, and is a largely harmless activity unless taken to excess. In fact, there are many tales of people developing a fetish for enemas after childhood discipline. A typical scenario is being put over mommies knee for a spank and at other times assuming the same position for the rectal thermometer. In the past, childhood enemas were a popular method of getting things 'moving' when you were a bit constipated, ill, or had a tummy ache. Most parents would be mortified at the thought of giving their child a sexual kink but as already discussed, the strange feelings associated with spanking and/or enemas can result in behavioural imprinting, which comes out later in life as a fetish.

People also take enemas in preparation for sex, particularly anal sex, to avoid embarrassing situations or nasty surprises. The anus is full of nerve endings, which can give pleasurable feelings when stimulated. The penetration required to introduce the enema nozzle, can also get the subject aroused. The latter is a particular attraction to women, who get erotic feelings similar to sexual intercourse and can derive pleasure from the sense of feeling full. During the late twentieth century, enemas were an accepted form of medication or treatment. In the nineteen fifties and sixties (and probably before that), when sexual matters were less open and young women abstained from

sex before marriage, the enema nozzle could be a substitute for normal stimulation or masturbation without attracting too much comment.

Indeed, mothers and aunts often saw enemas as a way to divert their young charges away from more explicit sexual encounters. A typical tale is of an inexperienced woman finding herself taken in hand via a series of spankings and enemas to sort out her wayward behaviour (aka sexual frustration, sexual curiosity, wantonness, or promiscuity). Another common theme is the naughty nephew disciplined by the Aunt with a combination of weekly spankings and enemas. The clinic and the enema nurse is also a popular male fantasy. Thus, the enema has enjoyed a consistent role in the history of domestic discipline (see [67] for more stories).

8.3 Equipment

If the idea of using enemas in your discipline programme appeals, you will have to get the right equipment and familiarise yourself with safety procedures. The main pieces of equipment required are a nozzle, a length of tubing, a clamp (to control the flow in the tube), and a bag to fill with the enema mix. As things can get messy, especially for first timers, it is wise to have a towel or invest in a rubber sheet. A supply of surgical (or latex) gloves and lubricant also come in handy. You will need a rectal thermometer as well, or at the very least one that can test the temperature of your enema fluid.

Because an enema is an invasive procedure, it is best not to concoct your own equipment. It is essential that anything used is clean, free of germs, and designed for the right purpose. So forget the garden hose or the Turkey baster! Tubes need to be the right diameter so that they do not introduce the fluid too quickly. Nozzles must not be too long or difficult to insert and free from rough or sharp edges. Fortunately, many websites sell medical standard enema equipment with discreet packaging, payment, and delivery [72]-[76]. Do not share your equipment with anyone, particularly people you do not know well. Since an enema sidetracks the body's natural defences, anything they have you can catch. So play safe and avoid nasty surprises. If both partners want to participate, get separate equipment for each person and label it appropriately.

Nozzles come in all varieties of shapes and sizes. The most common is just a straight piece of plastic with a rounded end that attaches to the tube and has a hole to allow the fluid to pass into the colon. A douche has openings at the sides to deliver the flow more gently. Some nozzles have a bulb on the end to reduce the chances of

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it squeezing back out of the anus when the anal muscle contracts. For enema lovers, there are dildo shaped devices and attachments for showerheads (see safety). Some tubes or nozzles come with inflatable balloons. The flaccid balloon is inserted into the anus along with the nozzle. When pumped up, it creates a firm fit so that the nozzle cannot slip out and the subject cannot expel any of the fluid. Double balloon tubes allow one balloon to be inflated inside the rectum and one outside to give an even firmer hold.

A bag or a pail of some kind holds the enema fluid. The largest bags easily available are 1-2 quarts (about 2 litres), which is usually more than enough fluid for most people. The rubber ones look like hot water bottles and can double up as a tummy warmer for period pains or stomach aches. First time enemees might not be able to take much fluid, so smaller bags are also available to build up to the full course. Small open-ended containers are also popular with manufacturers. A bag is better because it easier to move around, avoids any spillages, and limits the amount of fluid in each enema. For small enemas, a bulb syringe is used. This is a round, squeezable ball with a nozzle fitted to one end. The ball is filled with fluid then the nozzle is inserted into the anus and the bulb squeezed to inject the fluid. Simple but surprisingly effective!

Many outlets also supply ready to go enemas designed for one time use. Normally they are small bottles containing the enema mix with the nozzle screwed onto the top. Sometimes you get an empty bottle and a packet (such as castile soap) which you use to make the enema mix by diluting in water. Hospitals now use disposable enemas for hygiene reasons. If you want to experiment with enemas these readymade enema kits are ideal. Always throw them away after use. If enemas become a favoured method of discipline, invest in re-useable equipment. With the proper care, most equipment will serve you well for many years.

8.4 How to give an enema

Although you do not need to know the internal workings of the intestines to give an enema, a little bit of knowledge will help inform the process and deal with any initial problems. So, first, let us deal briefly with the anatomy.

Anatomy of the colon: basically, the colon consists of five parts forming a kind of elongated question mark as shown in Figure 8-1. When you are looking at your subject front on, the bottom of the question mark is where the colon reaches the rectum. On the outside

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of the body, you have the anus or anal sphincter that leads into the rectum. The rectum is about five to six inches long and then you reach another sphincter at the entrance to the sigmoid colon. The two sphincters act like a kind of air lock to let waste out of the body and stop undesirable things getting in. This is where the question mark kinks to the right in the lower quadrant of the abdomen. The sigmoid colon leads to the descending colon that runs up to just under the ribs. Then the transverse colon heads across the tummy to meet the ascending colon, which drops back down to the pelvis on the right side where the appendix is located, and the bowel meets the small intestine.

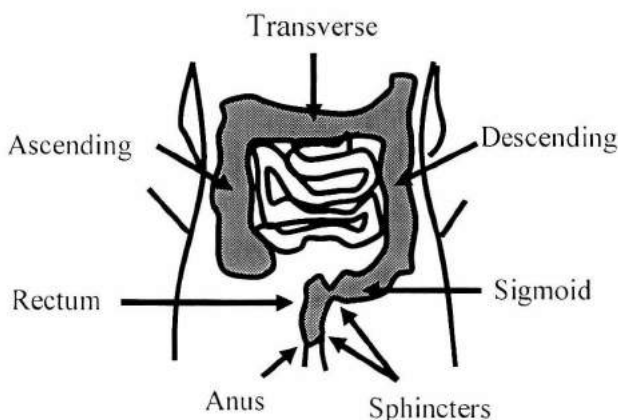


Figure 8-1 Anatomy of the Large Intestine

In the normal course of things, waste matter moves in the opposite direction from the lower intestine into the ascending colon, along the transverse, down the descending colon, into the sigmoid, then out through the rectum. The bowel itself is quite flexible to accommodate the bulky waste but does not have infinite capacity. A process known as peristalsis, an automatic wavelike series of muscular contractions and relaxations, shifts the waste matter along. It is important to remember this when you are putting fluids in.

Giving the enema: the first thing to do is mix your enema solution and then warm it up to the right temperature. That is about 35-40°C (or close to your partner's internal body temperature – if you don't know what that is, stick the thermometer in the obvious place and take a reading). Colder fluid can cause abdominal cramps, while anything over 45°C can scald the colon, which is not very pleasant and can

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create long-term health problems. Err on the side of cooler rather than hotter. Use a thermometer to check the temperature of the liquid. You don't want to get it wrong and sticking your finger in is not accurate enough. As a double check, test a spoonful of the mix on your tongue. Don't put your tongue in the liquid to avoid spreading germs. If the heat hurts your tongue, it is going to do likewise to your subject.

Once the mix is ready, connect the tube to the nozzle and clamp it shut with the clip and then connect to the bag. Fill the bag, open the clip until some of the enema mix comes out through the nozzle, and then clamp again. That way you get all the air out of the system. If you give your subject a dose of air in the fluid, it will cause cramps, form an air-block in the colon, and generally be uncomfortable. If you have not done so already, slip on a pair of disposable gloves. Now you are ready to administer the enema.

Place your partner in a suitable position. For example, on all fours with the bottom up, head down, with a couple of pillows for support (just in case they go wobbly). There are other positions but this ensures that the colon is pointed downward making it easier to fill with and then retain the fluid. Next coat the nozzle with your favourite, preferably water-based, lubricant. Smear a good dollop of the lube onto your finger and massage your partner's anus. Press your finger into the opening gently until it starts to give. Slip the finger inside and massage round the anal muscle to loosen it up. Most people can stretch easily to about one inch (for obvious reasons). That will be more than enough for the basic enema kit.

Next, repeat the procedure with the nozzle. Don't feed the nozzle in too fast, introduce a third to begin with, then pause and massage by rotating it around gently and then back and forth. When things are nice and relaxed, proceed to slip in the next third and repeat the massage. Depending on your partner's anatomy and the length of the nozzle, you might encounter the second sphincter, so massaging helps to locate it and get the nozzle in the right position. Push very gently, feel for any resistance, and adjust accordingly, then slowly slip the nozzle the rest of the way in. Do not force it in if it won't go, withdraw a bit and move the nozzle around to find a better spot. Sometimes you will not get the nozzle all the way in. Whatever you do make sure your partner is comfortable and don't press too hard.

If your device has balloons this is the time to inflate them and check for a secure fit. Once you are satisfied that the nozzle is secure, slowly open the clip allowing the fluid to flow. Watch for a tensing in your partner as the fluid enters the colon. Encourage them to pant through any discomfort. As the fluid enters, it can cause a cramp or spasm,

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especially if the temperature is too cold. This reflex action might be powerful enough to eject the nozzle, so hold it in gently if it does not have a balloon feature. Adjust the flow making it slower to calm any effects, or increasing to get a steady flow. You can do this in two ways, first by opening or closing the clamp, or by altering the height of the bag. A height of one to two feet (30 to 50 cms) above the subject is best. The higher the bag, the greater is the flow and pressure on the colon. Too low and the fluid will not be able to move and the bag will not empty. Once the height is right, hang the bag on a hook and leave it to do its work or just hold it. Do not rush things; a slow infusion is better than lots of cramping. Allow up to twenty minutes to empty a full bag.

The amount of fluid your partner can take depends on their physique and on how much gas and/or faecal matter there is in the colon already. Once you have gotten all the fluid inside, or your partner cannot take anymore, fasten the clamp. Slowly remove the nozzle unless it has a balloon feature and tell your partner to lie still and hold the fluid in. How long they can do this varies. You need at least five minutes and preferably fifteen to twenty for the matter in the colon to soften and be easily passable. After the proscribed time, they can go to the bathroom and expel the enema into the toilet. If the nozzle has a bulb or balloon, deflate and remove just before it is time to expel. If you are worried about accidents, take them to the toilet area before you remove the nozzle.

Receiving an enema: first, get yourself into a comfortable position, then let your partner take control and administer the enema. Ideally, there should be a warm seeping type of feeling as the fluid starts to enter. It might make you want to pee (so if you know you will be getting an enema go to the bathroom first). If the fluid is too cold, the shock can give you a spasm, tell your partner so they can adjust the flow, then breathe through it in short pants. If you have been pregnant, you will know just what to do. As the colon fills with liquid, you will feel it gently expand. If the fluid is given too quickly, it can cause discomfort, so help your partner get the flow just right. If the fluid is too hot, tell your partner immediately and stop the process. Likewise, this is not a contest to see how much fluid you can take. Some discomfort is normal but if it gets very painful or you feel too full, tell your partner to stop.

With the flow right, you will be able to feel the colon filling with fluid and maybe even see it bulge under the skin. If you can feel pockets of gas, massage you tummy in an anti-clockwise motion (see diagram, this moves fluid in and encourages gas/air towards the anus).

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Depending on the enema mix, you might get other pleasant or not so pleasant feelings. A soap enema will cause a little irritation and encourage peristalsis – the natural wave-like motion of muscles along the colon used to expel your poo. Breathe in short pants until the wave subsides, and then relax. Once the fluid is in place, you will have a full feeling, which some people enjoy. Relax, meditate, or whatever until you partner says you can expel. Control your breathing and pant through any cramps or waves of motion in the bowel. If it all gets too much, move slowly to a standing position, pausing at any contractions or cramps (and breathing), then continue to the bathroom and expel.

Expelling the enema should be straightforward but try not to let it all out in one big gush. The sudden deflation can leave you feeling a bit light-headed. Letting it out slowly lets your colon contract steadily. Sitting on (or preferably squatting over) the toilet will use gravity to help the fluid come out. Don't panic if it fails to come out straight away, just relax and try to let the sphincters open. Do not push or bear down too much as this can put extra pressure on the sigmoid and block the passage. Massage your abdomen in the clockwise direction (see diagram) to encourage any gas to change places with the fluid or break any air pockets. This motion also moves the fluid towards the exit. If there are any further problems lie in the bath, this takes pressure off the sigmoid and rectum, which may then allow the fluid to come out. Stay close to the toilet for about half-an-hour just in case you need to go again or until you feel that you have passed everything.

Post-enema: the best thing to do is to relax, maybe get into bed or slip under a blanket to keep warm. If you are having a series of enemas, wait about half-an-hour before starting the process again. Because the colon is emptier than before you should be able to accept more fluid in the next few enemas (but don't take more than the 2 quarts – see safety). If the previous enema caused cramps then sometimes the next one can be more difficult, especially if you are apprehensive and fail to relax. When the whole series is completed, drink a pro-biotic as soon as you can. The enema washes out useful bacteria from your gut as well as everything else and they need to be replaced. Likewise, take on plenty of fluids to avoid getting dehydrated. If the enema is mostly water then the body will absorb a lot of it – especially if you are prone to retaining water easily or have certain medical conditions. Be sensible and drink or not accordingly.

8.5 Positions

There are a number of common positions for receiving an enema. Some have a more disciplinary feel than others. Choose one that you find most comfortable and easiest to take the fluid. Some people even like to wander about once the fluid is in place. Any vertical position puts pressure on the sigmoid colon, which can make it more difficult to hold. Likewise, sitting on the toilet (just in case) can compress the bowel making things more uncomfortable and difficult to expel afterwards. Below are a few more positions. The first two are good for therapeutic enemas. The first three positions also give access to the enemiee's front. Consequently, the giver can encourage the delivery by massaging the tummy. Remember, when facing your enemiee, massage anti-clockwise on giving and clockwise on expelling.

On the side (left): lay on your left side with your left leg straight and right leg bent up towards your tummy, this exposes the anus for the enema but can compress the abdomen if it is raised too far, making it more difficult to retain the fluid. It is however very comfortable and easy to relax once the enema has been given, especially with a pillow under your knee.

On the side (right): same as above but lying on your right side, with the right leg straight and the left leg bent towards the tummy.

On your back: just as it says with your legs raised. Helps if you bring the knees up to your chest to expose the anus for the enema to be given. Again, if you are too bent, it puts pressure on the abdomen making it difficult to hold the fluid. Thus raise the legs for insertion of the nozzle then let them down a bit, or even put your feet down flat with knees bent once the enema is given. A pillow under the buttocks can create a gradient to encourage the inward flow. This position is popular with women as it is very submissive. Often they like to have their legs apart in a kind of missionary position.

On all fours: the basic kneeling position, which nicely exposes the bottom for both the enema and spanking. Ensure the head is lower than the bottom so that there is a natural gradient to allow fluid to flow into colon. This is a good position if the enemiee has difficulty retaining the fluid. They have to expel it upwards and against gravity. Although, do not underestimate the power of the anal muscles. If retention is a problem, use an anal plug or a nozzle with balloons.

Over The Knee: this position is good if you want to combine spanking with the enema, especially if you are using a smaller size enema kit or a ball syringe. Because the enemiee is in contact with your lap, the colon has extra pressure so they cannot take as much

fluid. Wriggling in this position also massages the tummy, which encourages the fluid further into the colon, and with the bottom raised is less easy to expel. Thus, it is an excellent discipline position that emphasises loss of control.

8.6 Spanking and enemas

Enemas are introduced into a discipline program in three main ways: first as non-spanking discipline, second as an alternative to corner-time in a longer spanking session, and third as a combination in a shorter session. In the first case, the enema can be a therapy or a punishment. For example, if you partner decides to have a duvet day you might take their temperature and proscribe a discipline enema to remind them of their job commitments or give them a therapeutic enema to coddle them a bit.

Think of a therapeutic enema like a maintenance spank. Make sure the ambience of the room is just right and that your partner feels comfortable and special. Dispense the therapy enema in a caring manner. Massage your partner's tummy and help the enema into the colon. Try to minimise cramps with the flow and help them breath through any discomfort. Perhaps talk to your partner about how much better they will feel afterwards. If nothing else, the process encourages them to relax while receiving and then holding the enema. They cannot do much else for twenty minutes or so holding time, which acts as a great de-stresser. The warm and full feeling can also be soothing. If they have some bowel problems, stress headaches, or are feeling a bit down, the enema process puts all the focus on them making them feel special and cared for. Again it is something very intimate and out of the ordinary. The clean bowel afterwards may also help with diet, constipation, and other bloaty feelings that might be bringing on the symptoms and causing negative behaviours.

In the punishment enema, the process is sterner. Don't be rough but be matter-of-fact and workman like. Carefully insert the tube and adjust the flow but do not be overly sympathetic with cramps and leave it up to them to breathe through any discomfort (provided it is not severe). Of course, you can change the mix to give them a different feel. For example, a soapy water mix will cause a mild irritation. So if your partner suffers from a foul-mouth, use a soap water enema as a corrective measure (similar to the idea of washing out your mouth). Traditionally, the anus is plugged in a punishment enema so that the enemee cannot expel the fluid until permitted. This

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lack of control emphasises the HOHs dominance and the need to obey the rules.

Cope with the severity of a transgression by deciding the number of enemas. So for example, a low-level transgression might result in only a single enema session whereas a high-level behaviour would require several enemas. You can use the point system as a direct enema guide. Give the sequence either one per day or over a number of weeks. That way, a severe behaviour is 'treated' over a much longer period than say a one-hour spanking session. Alternatively, use a graduated system. Try to cure the behaviour with a spanking and if that does not work move onto an enema programme. This way your partner has a chance to avoid the enema if they don't like them.

For both forms of enema discipline, the HOH decides the number of infusions. Keep it to a reasonable limit. One session a day is quite enough. For the therapy form, you might use a warm soothing enema. For a punishment, you might use a cooler version to act as a deterrent. Obviously, the time to administer and hold the enema allows you to run a discipline session over a longer time scale than for a spanking. Afterwards your partner will still be able to feel the benefits. The enema acts in the same way as spanking to discharge negative emotions or to enforce the partnership rules. If your partner turns out to like enemas, make sure you use them mainly for therapy and not discipline.

Combining spanking and enema discipline is quite straightforward. In a longer spanking session, spank for the first section and then administer the first (small) enema. Once the enema is expelled, return to the spanking position and complete the second section of spanking before administering a second (larger) enema for the next corner time. Repeat the process for the remaining two sessions to complete a thorough discipline session. Do not forget to use water enemas for at least the first and last corner times, confining any mix to one (or both) of the middle corner-times. If your session is shorter, adapt accordingly.

Unless you are going to end up starting with a warm enema and finish with a cool enema, you will have to allow time for heating the fluid. Having your charge bring the enema equipment and then standing in corner time while you prepare can add to the disciplinary effect. Since it takes a certain amount of time to administer the enema and then hold the fluid, this form of discipline allows the bottom to cool significantly and thus avoids numbing. For a more intense session, spank for the first couple of sections, getting sting into the bottom, then administer the enema in the last two sections. That way

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you get the intensity of the spanking discipline as well as the benefit of the enema. Don't forget to plug your spankee so they retain the enema. With the plug in place, you can use some different positions for corner-time or even spank a little bit. So for example, spank, administer and plug, spank again, then expel. This is also a good option if you want to overlap the warming of the fluid with the discipline.

For a shorter session or milder enema discipline, use an enema syringe. Prepare your enema fluid to the right temperature, preferably in a pail. Put the preparation close by and place your spankee over your knee. Spank for a little while and then administer the enema. Fill the syringe by squeezing out all the air and then dip the nozzle in the mix. The vacuum in the bulb will draw the fluid up. Allow the bulb to fill completely (to avoid air bubbles). Then, with your spankee still over your knee, lubricate a finger and relax the anus. Insert the nozzle and squeeze the bulb to administer the fluid. Now spank again while the spankee holds the fluid. Admonish any leakage appropriately or use a plug. After a while re-fill the syringe and repeat. This adds more fluid to the colon each time until the complete enema is given. Spank for the last time and then move into a corner time before allowing the spankee to expel.

If your partner is new to enema discipline, use only one syringe full on the lead up to a break. Let them hold it for the corner time and then expel. Another approach is to warm up the spankee with spanking in the first session, prepare the enema mix in the first corner time, then spank again and administer the syringe. Expel in the second corner time and then move to a more conventional enema for the later sessions or after the spanking is finished. There are more variations but you get the idea. Be inventive and give your partner a discipline session they will not forget in a hurry!

Afterwards, get them into pyjamas and tuck them up in bed with a hot water bottle, or wrap them up into a blanket to keep them warm. These combined sessions can be a bit tough, so you need to re-affirm that you are proud of them for submitting to the discipline, confirm that the transgression is forgiven and that they are still loved. Pamper them a bit, even if it is a disciplinary session, and make sure they drink something (like a pro-biotic or a herbal tea). Serving the latter on a tray while they are all cosy is a nice loving touch.

8.7 Formulas and Temperatures

If you look on enema sites or read books on enemas, you will soon realise that there are different enema mixes. Novice users should stick with a plain water enema or the soap enema. These have a long history and rarely cause any serious problems. Because of the potential pitfalls, we will not list the various exotic concoctions that people suggest in the literature. If you want to use a different formula, find out all you can about the side effects before you try one. Some mixes are potentially lethal and people have died (see safety). The main dangers lie in more advanced play and in particular, strange enema mixes. Whenever you give an enema that contains anything other than water, always wash the colon with a pure water enema afterwards to flush out any of the mix that might result in irritations. If you really want to experiment, here are a few traditional and innocuous recipes:

- Pure water: used for mild cleansing. The body will absorb quite a lot of the water leading to swelling (so don't use more than 2 quarts maximum).
- Saline mix: for regular use, consists of two tablespoons of table salt added to 2 quarts of water. The mixture is isotonic, which means that the salt content is similar to the bodies own fluids thus it prevents the body absorbing the water.
- Soda water: used for diarrhoea. Mix a quarter of a cup of sodium bicarbonate with 2 quarts of water.
- Soap water: cleansing with some irritation. Mix two tablespoons of castile (pure) soap with 2 quarts of water.
- Epsom Salts: requires a quarter of a cup of Epsom salts to 1 quart of water.
- Glycerine and water: used for constipation. Add half a cup of Glycerine to 1 quart of water. Suppliers often provide a Fleet enema with similar properties.

The appeal of different mixes is two-fold. First, it is a way to get the body to absorb substances that can have a beneficial effect on the various organs. As part of a therapy programme, some infusions can be quite invigorating. That is also the disadvantage because some mixes can have toxic or poisoning effects. So, unless you know quite a lot about body chemistry it is probably best to stay clear. The second reason for different mixes is to give the receiver a bit of a jolt either

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for pleasure or for discipline. Some mixes can irritate the bowel to cause cramps or other feelings. Some people enjoy the cramping or it can be used to teach the subject a lesson. For most people the ritual of receiving the enema is discipline enough.

Even if you use only water or a soap and water mix you will still have to be careful. Don't use standard tap water for a pure water enema unless you know what it contains. Most modern homes have all sorts of things in the water such as chlorine and fluoride to kill of the germs so that it is fit for human consumption. Theoretically, this should not harm your insides, but usually it goes through your stomach first before it gets to the colon. Likewise, don't use just any old soap powder mix. The soap has to be pure so it does not contain any bleaching agents or anything of that nature. These extra chemicals can irritate the bowel and lead to inflammations and other complications. Castile soap (a pure-vegetable oil-based soap) is a favourite with enema lovers and is often supplied with kits. Many people also use de-ionized water.

Enemas can be given at a range of different temperatures referred to as cool, warm, or hot. In a cool enema, the water is 30-35°C (86-95F). In a warm water enema, temperatures are roughly 40-42°C (104-108F) and for a Hot water enema 43-45°C (110-113F). Some people take iced enemas, which are beyond most people and can cause severe cramps. Likewise, any liquid hotter than 45°C, will scald the colon. Even allowing for that, everyone is different so stick to the cool end of warm for most practical cases and let the receiving partner be your guide.

8.8 Safety

Enemas are invasive procedures. Performed incorrectly they can cause long-term damage and in some cases lead to death. Sensible precautions must be used and you should not engage in enemas or enema play when either of the partners is in an unfit condition. This means applying the usual rules for safe, sane, and consensual activities but also ensuring that your health is okay. If you are suffering from abdominal pains, if there is anything suspect in your bowel movements (blood, diarrhoea, etc), or if you have other medical conditions (bowel and not bowel related) get yourself checked out by a properly trained physician. Enemas can make things worse or you can mask the symptoms of something more serious.

Once you decide to use enema discipline, there are four main things to watch for. The first is irritation and other complications with the

bowel. If the enema fluid is too hot, it can scald and create blisters or ulcers in the colon. Likewise, the chemicals in the mix can irritate the bowel. Always check any formula or enema mix carefully to ensure it does not contain even the traces of something nasty (like bleaches, or things you are allergic to, and so on). What can be used on the skin or outside the body isn't necessarily good inside. Everybody is different so if you do use a particular mix, be prepared to dilute it more than recommended as some enemees might struggle with a standard mix. If you do play with mixes, always get a least two different sources of information to corroborate the details. Health sites are usually pretty good but always read things on the internet with caution.

Another issue is overfilling or puncturing the colon. Although the colon is flexible, to accommodate lumpy waste matter, it is not super stretchy. If you put too much fluid in then there is a chance that it can burst. Obviously when this happens, there are major complications and major surgery involved to repair the damage. So, be careful to judge how much fluid the enemees can take. Listen to them when they say they have had enough. Keep within the 2 quarts maximum limit and do not get caught up in the silly game of pushing yourselves to the absolute limit. Some people can take more fluid due to their physique. The amount each individual can take will vary depending on how much gas and other matter is already in the bowel. The size of the bowel is also important. There are two types of people, those with a short sigmoid and those with a long sigmoid. The latter can take more fluid than the former. You can't tell who from who from the outside.

Take care when inserting the nozzle. Don't use anything too big, long, or inflexible. The rectum in most people is about five inches long with the sphincters at both ends. After that is the sigmoid, which bends away from the rectum to connect to the descending colon (see diagram). Obviously if you jam a straight nozzle into your partner, you can push it through the bowel wall and create a puncture. The bowel doesn't have the same kind of reactions to pain or nerve damage as the rest of the body, so your partner might not be aware of anything untoward. If germs or bacteria in the bowel get into blood or other parts of the body, you can have lots of problems with poisoning and infection that are not only unpleasant but can be life-threatening. Some enema nozzles also come with attachments for showers and taps. Obviously, you cannot control the amount of fluid going into your bowel, and the water pressure delivering the water to the tap (faucet) can be enough to burst the colon. So don't even think about indulging in this type of play unless you have many years of enema experience.

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The third area of concern is the ability of the bowel to absorb chemicals. The job of the bowel is to reclaim vitamins and water from your bodies waste. Thus, it will try to absorb things in the enema mix including the water. The bowel absorbs things much faster than when they are taken by mouth. You are also sidelining the bodies main defence mechanisms to kill off anything nasty or expel it out of the body (by vomiting). Thus, it is absolutely essential that you know what is in any enema mix being used. Among the many horror stories are mixes containing alcohol (the enemie gets very drunk, very quickly) or drugs; people have died from alcohol poisoning or overdoses. So don't be foolish. Never submit to an enema if you do not know your partner well or you don't know what is in the mixture.

Another safety tip is to keep all your enema equipment in top-notch condition. Make sure you clean all the tubes and bags after use and flush out before the next enema. Hang them up and make sure they dry out. If mould grows inside the bag or tube, next time you give the enema you could wash some of the bacteria into the bowel. That is why hospitals mainly use disposal enemas. The cost of sterilization, or a law suit should they pass things from one patient to another, is prohibitive. For the same reason, sharing enema equipment is a bad idea, especially with new partners whose history you do not know. You should always wear latex (or surgical) gloves when giving an enema. Afterwards you can dispose of them safely by holding one glove by the fingertips, pulling it off, and then using the free hand to pull the second glove off, peeling it inside out over the first glove. That avoids any contact with the messy parts.

How often you should give or receive an enema varies. Some people do one a month, some one a week, others daily. Anything more frequent than that and you are probably addicted. Don't forget that often an enema session doesn't just involve one enema. If you include the extra washing to determine capacity, and cleaning up after an exotic mix you could be in for a few hours of discipline.

8.9 Summary

For a person with average intelligence and a bit of common sense giving an enema is perfectly safe. Everyday, huge numbers of people give or receive enemas. Provided you exercise sensible precautions and are aware of the dangers, enema discipline can be a useful addition to a DD programme. If you are still worried, sign-up for a course and learn how to give the enema properly under supervision.

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Don't give up on enema play just because it sounds scary or a bit weird. The therapeutic effects alone can have a significant impact on your partner's behaviour. If you already submit to enemas at a clinic or as part of some healthy living programme, then why not bring it into the relationship and let your partner look after those needs. Obviously, this is a very intimate act. Because of the potential dangers, any HOH that administers an enema must realise how trusted they are by their partner. That alone should boost their self-esteem and feelings of confidence. By agreeing to enema discipline, the receiver is also demonstrating that they feel safe and cared for by their partner. It all comes down to that trust thing again.

Integrating enema discipline into your DD portfolio is quite straightforward. Proceed in the same way as for spanking, use enemas to slow, speed-up, or otherwise control your partner's behaviour cycle. Spot when they get stressed or start having problems with boundaries and proscribe a series of enemas to help them through the worst period. Because enemas have short-term effects, they can be given as a series to emphasize continuing discipline and as an accepted form of a healthy lifestyle.

Even if you decide that you cannot face the prospect of giving or receiving an enema at home, have it as back up sanction. Find a nearby health spa or private practitioner and join up. When you need some non-spanking discipline, or if you feel a course of therapy is required, just book a session or a series of sessions and pack your partner off for a day at the spa. You can include pamper and other treatments as well as the enema session, or just the enema on its own. Not only is this a great stress reliever but your partner also knows they are submitting to the discipline. Having a third party involved (even unawares) can be delightfully naughty but do try to do it yourselves. The intimacy is what brings you together and deepens your relationship.

CHAPTER 9 *In the Bedroom*

The most common position held by DD practitioners is that they do not engage in erotic spanking. By which they mean that it is not their intention to cause sexual arousal from the discipline. This is a fair position for a disciplinary spanking, since it is not supposed to give pleasure to the receiver. However, the situation is somewhat blurred when maintenance or therapeutic spanking is involved because the intention *is* to create a sense of well-being in the recipient which may spill over into sexual feelings. Sometimes, it is difficult to draw a line between where discipline ends and personal pleasure takes over.

The closeness of the two partners in the aftercare phase of a discipline session can also lead to the bedroom. Many vanilla couples use playful spanking as a form of foreplay. Some people can orgasm from the stimulation of spanking alone. Quite a few people also get excitement from enema play and mild domination such as that in non-spanking discipline. In the areas that overlap with bondage and sadomasochism, disciplinary spankings can give both partners a buzz. The question arises, therefore, as to how a discipline programme copes with the possibility of erotic feelings and the whole issue of sex or sexual feelings within a DD framework.

Compared to other forms of domestic discipline, controlling sexual behaviour is an area where it is easier for partners to switch and play the opposite role. Often what happens in the bedroom does not extend outside into other parts of your relationship. In the next two chapters, we explore these issues and help to guide you in forming your own opinions. For example, what happens when the rules of the partnership introduce an element of sexual discipline? Can DD help if a lack of sexual intimacy is the main cause of tension in the relationship? What happens if a partner flirts too much outside the relationship or is unfaithful?

9.1 Sex and the DD framework

In creating our harmonious relationship, we must address the issue of sex. After all, if we are in a loving, caring relationship we naturally

expect that to extend to the physical side as well. It is quite understandable to take the view that discipline has nothing to do with sex. For many couples, DD and bedroom matters stay completely separate. However, by agreeing to a DD contract, normally the passive partner defers to the HOH on all matters. Some people take that to mean in the bedroom as well. Usually, this is a rather chauvinistic and poorly veiled attempt to use DD to justify sex-on-demand. The principle is that the passive partner can never say no. If you have read the early chapters of this book, you will appreciate that this is manifestly wrong. A committed and loving couple would never agree a set of rules that puts the passive partner in such an invidious position. For one thing, DD is consensual. For another, it clearly moves the relationship into that grey area around assault, abuse, or worse.

The position in this book is simple. If a partner says no that means no. The DD programme does not support non-consensual sexual activities. The sample contract says nothing about the physical loving side of the relationship (deliberately so). If you need DD to make your partner submit to sexual advances there is something deeply wrong. Seek counselling or other forms of therapy but do not use DD to justify your actions. Likewise, if your partner wants you to engage in DD so they can be sexually dominant, take a long hard look at your relationship. Those days when a man was able to press his intentions on his wife are long gone. If you like to play the submissive that is your choice. It is oft said in the BDSM community, that the Bottom (not the Top) has the real power because they decide whether to submit or not. That is good advice.

Okay, that said, many women do report that when their partner dispenses loving discipline they are more disposed to be 'mastered' in the bedroom and the resultant sex is more intense and fulfilling. That is what happens when partners counterbalance each other perfectly. By understanding your partner's cyclic behaviour, you will know them better and thus learn how to approach them at times when they are more receptive to physical advances. In short, when you are in harmony, when your partner feels safe and cared for, they will want that physical loving connection just as much as you.

9.2 Sources of sexual dissatisfaction

Sex creeps into domestic discipline in four main ways. First, is because of infidelity, flirting, or affairs. Second, is when there is a mismatch regarding frequency and proclivities of sexual play between

partners. Third, is when one partner has trouble setting his or her own personal boundaries. And, fourth, are problems resulting from psychological or moral issues. Your partner could have suffered abuse in the past, might have a naturally low libido, or find it difficult to get sexually aroused. Religious views or legal conditions may also dictate that a person suppresses their natural urges. In these cases, negative (unhealthy) behaviour can arise from repression and feelings of guilt or anxiety.

In the following sections, we outline how DD can help with some of these problems. Remember, DD is not a panacea and the author is not a trained counsellor or medical practitioner. Where an issue involves psychological problems or deeply held beliefs you will have to work with your partner to get the best balance. If your partner suffered abuse in the past, help them to seek proper counselling and work with them to overcome their anxieties and mistrust. To do that effectively you may have to forget about domestic discipline, certainly in the short term, in connection with sex, and possibly altogether. Stand by your partner and do what is right.

Flirting and infidelity: in a standard relationship, commitment to each other also implies monogamy. Having sexual partners outside the relationship is taboo. Often this rule is unwritten. It is so obvious that many partners take it for granted. In many religions, adultery is a sin. Nevertheless, it still happens and is one of the biggest causes of relationship break ups. Some couples just turn a blind eye, giving rise to the wronged wife or the cuckold husband. In so-called open marriages (e.g. swingers), couples embrace the concept of non-monogamous activity. For them, sex is not the be all and end all of a relationship. Whatever your persuasions you will need to think about what is acceptable behaviour, and have discipline for when transgressions occur. Even swinging couples have rules, particularly relating to safe sex and selection of partners.

Although we generally stay with a partner for life, many people argue that this is purely a social construction and not a demand of nature. Some species have a dominant male who mates with many females, or keeps a harem of favoured mates. Some cultures and religions also accept more than one wife (although usually not more than one husband). Evolutionary scientists have discovered that when a man sees an attractive woman it alters the way he feels about his partner. Men shown pictures of naked women describe themselves as less in love with their partner immediately afterwards. Apart from everything else, cheating seems to validate the male need to feel competent and in control. In contrast, only 39% of women want a

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partner that is good in bed compared with 54% who prefer their partner to be rich!

Statistically, a man is twice as likely to cheat as a woman. One in five men admits to having an affair and a quarter say they would have an affair, if there was no chance of discovery. Just as well, then, that women are more able to forgive a sexual betrayal as opposed to an emotional one. This confirms what we have been advocating in this book, women feel more secure when their partner commits to the relationship.

Most affairs seem to take place between work colleagues. The high stress environment and the close physical proximity stir up the adrenalin and simulate the same bonding feelings as relationship formation. Do you remember that butterflies-in-the-tummy feeling when you first met your partner? Chemical changes in the body trigger romantic love. As well as releasing adrenalin and endorphins a new partner causes the body to release oxytocin – which makes you feel excited. These chemical levels stay high for about twelve months or so, as a way of getting you together to mate. After that, the level drops and so your relationship feels less exciting. Many think that the ‘honeymoon’ period in a relationship lasts while these chemical levels are high. Afterwards you feel a little flat, which is nature’s way of getting you to move on and spread your genes.

Some people are addicted to that chemical rush. When a pretty girl or a handsome man flirts with you at a party, that reaction can start all over again. Most people enjoy the buzz and let things go no further but it takes discipline. If your relationship is in trouble for other reasons, cracks can start to appear. This is especially true when there is a new addition to the family or some other activity sidelines your partner. Rather than giving up on your partnership, you can use discipline to control your partner’s chemistry and make them feel part of something special.

For example, flirting is harmless as long as it is just that. If it goes further, or looks like it might, use the discipline to remind your partner of their relationship commitment and ground that excitement. Fight back by giving them a spanking session to create an adrenalin endorphin buzz to counteract that oxytocin. Hijack the chemical reaction of your partner by using sexual discipline to shift their focus back to you. If you want to keep your partner well grounded, regular sex is a big advantage – orgasms also produce oxytocin.

Another way to ground someone is by discussing the problem during a discipline session. The chance of an affair reduces when a partner is encouraged to share their feelings of dissatisfaction.

Likewise, when a partner feels needed and loved they are more likely to stay faithful. That is exactly what DD tries to accomplish.

Difficulty with Sex: even if your partnership is an idyll of commitment, there can still be difficulties. You might not be sexually compatible. There could be physical disabilities or discrepancies in size and ability, which means that you have to be more inventive in the bedroom. One of you might be highly sex orientated while the other can take it or leave it. Alternatively, your partner might find it difficult to get aroused and achieve orgasm or orgasm too quickly. These problems can lead to frustration and manifest themselves as negative behaviours in other areas of the relationship. In extremis, a partner may seek satisfaction elsewhere. Even if both of you agree to outside play, you will still need to set rules as to what is and is not acceptable. For example, only meeting in private, no dinner dates etc.

If intimacy is the problem, the ritual and process of therapeutic spanking helps to overcome the barriers and lead on to contact that is more intimate. Up to 1 in 5 (20%) of women admit to having been spanked and finding it a turn-on. People that find it difficult to become aroused or orgasm under normal circumstances find the situation improves after a spanking. The reason for this is that the chemical mix of adrenalin and endorphins relaxes the mind while the physical act of spanking increases blood circulation in the genital area so that they are more disposed to conventional stimulation techniques afterwards.

Likewise, if you are too big for your partner, or they find sex painful, use spanking to warm them up, then go gently into sexual play. Quite often, the nature of a spanking position places the receiving partner in a position that does not allow full penetration. In past times, an experienced man would bite the ear of a young virgin just at the moment of penetration to distract them. If you spank playfully while having intercourse, the spans also act as a distraction. The release of endorphins produces a natural painkiller and the extra distance required to give you enough clearance for the spanking prevents you from entering your partner too deeply. Another innovation is the doughnut cock ring. Used like other cock rings it is an inch or so thick and prevents your partner from penetrating too far.

If your partner is the shy or sensitive type, being in a spanking position where they don't have to give you eye contact can help relax the situation. The physicality of spanking helps overcome problems with touching and caressing without having to expose the genitals too quickly. The idea is that the trust and rapport built during the spanking allows your partner to be receptive to more intimate touching in other areas. Indeed, you can slip your hand between their legs, even through

pants, and gently stroke the vulva or rub the erectile tissue between the testicles and the anus, which is often quite pleasurable. After that, you can slowly develop your time together. Start by manually working them to orgasm as part of an erotic spank then move to more conventional face-to-face encounters.

Sexual Addiction: some people just love sex. They like the feelings it generates, the thrill of orgasm, or just the buzz from being naughty. When interviewed, porn stars often confess that they got into the business because they just couldn't get enough sex. You might not be a raging nymphomaniac but you can still be addicted to sex. When one partner cannot keep up, the other can take matters into their own hands (literally) via masturbation, use of pornographic material, sex toys, or even go outside the relationship. Sexual frustration can also lead to negative behaviours in the rest of your relationship.

As Darwin, the father of evolution, said; the thing that distinguishes man from the animals is our capacity for moral judgement. If you frig yourself senseless on a regular basis, you have got trouble in setting your own boundaries. If she spends more time with her sex toys than you, there is a problem. Likewise, if he spends more time surfing for porn than spending time in bed with you, there is an issue to be sorted. If you are at the point where sex begins to damage your relationship, interferes with work, or other commitments, then you are probably addicted. In these circumstances, you need to introduce DD rules to correct the behaviour.

Religious or moral duty: when your natural libido comes into conflict with religious or moral teachings, there can be tremendous problems. On the one hand, if your sexual antics are too overt you can be shamed or ridiculed by your community. On the other, the conflict between bodily desire and religious dogma can create tremendous emotional guilt and internal conflicts. History is littered with examples of corporal punishment used by religious organisations for the expiation of sins and as a method to suppress natural urges. It may have worked in the past, by controlling the population at large, but 'holy obedience' usually ends up being a substitute for the real thing. Provided, that your kink is legal, you can use discipline to control things and make sure that it does not develop into an obsession.

Freud was the first to suggest that many social constructs actually result in humans behaving in ways nature never intended. If a therapeutic spank or a dose of discipline helps you to deal with guilty feelings or if you use it as a substitute for more carnal pleasures, that is up to you. As long as the discipline is not too extreme and the result is to keep you happy, grounded, and able to function as a caring

loving person nobody can really argue with that. If, however, you submit to the discipline because somebody else forces it upon you, with the excuse of doing god's work, then that is fundamentally wrong. If accepting the discipline is just to avoid masturbation, pregnancy, or exploring your fantasies, then please take some time to look at alternatives with your partner. A Christian perspective on how to have a fulfilling sexual relationship can be found in [16].

9.3 Denial and Chastity

The main disciplinary route to deal with sexual issues is by denial and/or chastity. Long ago, when knights were bold and absence made the heart grow fonder, a husband leaving for the crusades would put the lady of the house in chastity. The idea was that while the master was away a suitable chastity device would prevent the woman from succumbing to advances from eligible young men. Remember, women were the weaker sex and people expected them to have difficulties keeping their boundaries! Well, surprise surprise, chastity is still going strong. Only nowadays, a whole range of very well made devices exists for both men and women [57]-[66].

For a woman, a typical chastity device consists of a lockable belt with a thong like strap that fits snug over the pudendum and runs up between the bottom cheeks. The strap is an hourglass shape that prevents any form of penetration or touching. Normally, these devices are made-to-measure to ensure a good fit [60], [66]. For a man, the device consists of a lockable cage or tube that prevents erection. A cock ring or cuff fits at the base of the penis behind the testicles and fastens to the rest of the device so that it is impossible to remove [61], [64]. Once fitted the subject is incapable of any form of sexual relief.

Thus, if you feel that some sexual discipline is in order, think about fitting a chastity device and waiting for your partner to come to their senses. Modern chastity devices are small enough and discreet enough to be worn under sensible clothing. Your partner can wear the device to work or when out with friends. Most devices allow the wearer to go to the toilet, but there are ones designed for shorter times in confinement that do not. Check when ordering. Usually, the shorter-term ones come in fixed sizes and are available in bondage internet stores but there are also specialist manufacturers for long-term restraints. You can get devices made entirely of plastic and rubber (or neoprene) along with locks that do not trigger alarm systems or metal detectors – which can be a bit difficult to explain.

Chastity is a form of key-holding discipline. Put the key somewhere inaccessible to your partner but safe. Do not put it on your key fob or leave it lying around. Chastity devices are tamper proof (for obvious reasons) and it can be a bit embarrassing if you have to call out the local locksmith or the fire brigade! Since you lock them in and have the key, the length of time you keep your partner in chastity is up to you. Let them out reasonably often. Say every few days or weekly for an hour or two to avoid chafing or soreness.

Don't be too cruel. Without ejaculation, a man will revert to wet dreams and a female partner can become very frustrated, which manifests itself in other forms of negative behaviour. A male partner needs to ejaculate regularly in order to discharge the prostate gland properly and prevent chronic problems that can lead to the prostate being removed. Since the prostate is the main source of fluid used to ejaculate the sperm and the operation is not simple (possibly leaving them impotent or incontinent) it is not worth the risk.

In chastity, the aim is for you to control your partner's libido. With a careful, disciplined regime, you can ensure that they never get so frustrated that they indulge in excessive masturbation or look outside the relationship. Adding some sexual games to the programme can then tune their needs to yours. For example, emptying (or 'milking') a man's prostate regularly, can make it virtually impossible for him to orgasm at other times.

9.4 The Process of Orgasm

Used properly a combination of enforced sexual abstinence or control can cure most of the major sexual problems in a relationship. Denial and regular sexual discipline sessions are also useful when your partner has some kind of dysfunction. Here we are talking about impotence, premature ejaculation, or if your partner is frigid. Provided there are no serious medical reasons for the situation, you can introduce a training programme to help overcome the problem. The characteristics of these methods are that the benefit comes only by repetition and so you need to have regular sessions to get results.

Male Dysfunction: or erectile dysfunction leads to impotence or an inability to have normal sexual intercourse. If you or your partner's ability to get erect diminishes over several months then you need to consult a doctor. In most (up to 80% of) cases, there are physical explanations for the problem, be it illness, fatigue, nerve damage, or changes to hormonal levels. In fact, many impotence problems are avoided by regular sex. When a man stops having erections, collagen

deposits in the penis can restrict the blood flow, making it more difficult to get an erection subsequently. Nature's way of avoiding this is to give a man an erection while he is dreaming (it doesn't matter what he is dreaming about – in case you were wondering).

Normally the erection is most prominent just prior to waking. Thus, if your man is getting erect while asleep but not at other times, it suggests that the problem is not physical but psychological. Psychological issues crop up in various forms linked to anxiety, depression, smoking, alcohol, drugs, stress, and relationship problems. Often the cause might be repressed, or subconscious. Diet can also play a part and generally, anything that helps improve blood circulation helps erection. A disciplined lifestyle including diet, regular sex, and circulation stimulating activities (like spanking) should improve matters.

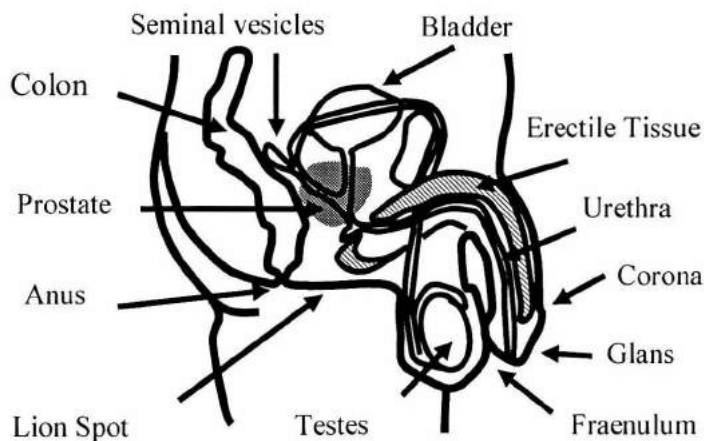


Figure 9-1 Male Sex Organs

Before reading on, take a few minutes to look at Figure 9-1 and get an idea of how a man is put together. Most men can stay erect for thirty to forty minutes. Just caressing the penis is not enough. Quite a lot of the excitement to trigger an erection comes from the brain. This only happens if there is sufficient sensory stimulation as well. There is little control over the latter, which is why men get erections from seeing pretty girls, porn films, or other mental triggers. Once the brain tells the penis to go, it opens arteries and accepts more blood, filling pockets (the corpora cavernosa) which squeeze the veins in the penis shut preventing the blood from leaving, hence maintaining the

erection. Once stimulation diminishes or ejaculation occurs, the reverse happens and the blood starts to leave. As the pressure drops, the penis becomes flaccid again. After ejaculation there is a refractory (or recovery period) which varies from man to man – nothing you do during this time will make it erect again.

An ejaculation occurs after there is sufficient excitement to cause the prostate gland to contract or spasm forcing ejaculate into the bottom of the urethra where it joins with sperm from the testicles and fluid from the seminal vesicles and flows up the urethra propelled by a spreading wave of muscle contraction. There might be one strong spasm or a series of several diminishing spasms. Often men rate the intensity of the orgasm by how far the fluid is ejected but an experienced man will tell you that there is more to orgasm than just 'coming.' If one can prolong the activations of the nervous system, a protracted period of pleasure is possible.

Conditions like premature ejaculation are mostly a young man's problem (less than 30 years of age). First sexual encounters, over excitement, and relatively little experience of stimulation can cause a rapid pulling of the ejaculation reflex. The ability to predict their arousal state gives men a greater deal of control. However, problems can also occur if the muscles in the pelvis and around the prostate gland become loose, so the ejaculation reflex is not as strong. Thus, a regular disciplined approach to general fitness helps with sexual competence.

Female Dysfunction: or the concept of frigidity in women is often overplayed. Whereas men get stimulation during intercourse from rubbing the penis inside the vagina, it is now widely accepted that women get more stimulation from the clitoris. By a careful union, it is possible for the woman to receive stimulation to the clitoris during vaginal penetration but a lot depends on the anatomy of the partners and the man's skill in keeping his pubic bone in contact with the clitoral area. It may be that a woman will get contractions of the vagina (so-called vaginal orgasms) with the man inside but without adequate stimulation of the clitoris, it is unlikely. Fortunately, a wide variety of sex toys are available to help with this dual stimulation.

Prolonged and multiple orgasm requires clitoral stimulation. A woman is not frigid because she cannot get vaginal orgasms. Usually, she is able to orgasm in other ways. Quite often, what is required is more loving attention. Even more than men, women require mental stimulation through fantasies and fetish thoughts, which is why discipline, role-play, or letting their partner be the 'master' works well.

When a woman becomes aroused and moves towards orgasm, blood circulation will increase to create a flush (usually in the face, neck, and chest). Her breathing will quicken and muscles all over her body will start to tighten up. The first signs are changes to the breasts, nipples, and the clitoris, which swell and harden. As blood rushes to the pelvis, a process of engorgement prepares the vagina for sex, making it lengthen. The labia fill with blood to lengthen and flatten out. In contrast, the clitoris shrinks and pulls back into the so-called 'hood' usually signalling that an orgasm is due. Many men think that this means their partner isn't turned-on or is losing interest but often it means exactly the opposite, she is close to the edge (always check, though, just in case she really is not enjoying your attention).

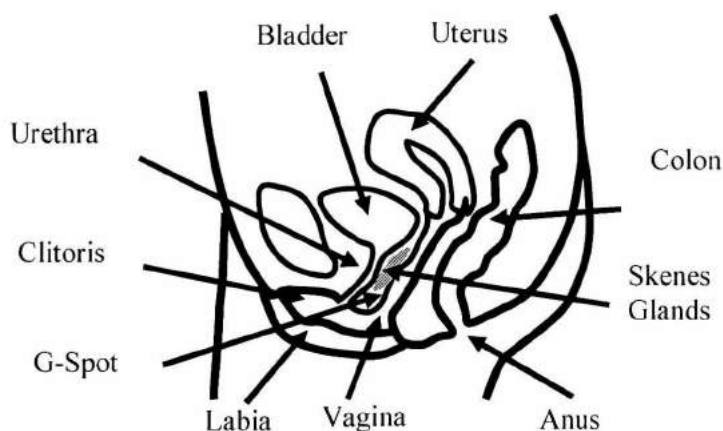


Figure 9-2 Female Sex Organs

Take a brief look at Figure 9-2 to see how a woman is organised inside. Muscle contractions trigger the orgasm. Usually this starts with the uterus. Contractions then spread to the vagina, the urethra, and anus, and may continue throughout the whole body. The first contraction is usually the most intense and is followed by many smaller contractions. For a mild orgasm a woman may have up to five contractions and for an intense one more than fifteen in rapid succession.

Multiple orgasms are often misunderstood but quite easy to fathom. Essentially the idea is to get your partner to the brink (find their edge – just like in spanking) and then keep the excitement going by bringing them almost to orgasm but not passing the point of no return.

In a man, this is when the ejaculate fluid starts to pool at the bottom of the urethra giving an intense feeling of pressure. In a woman, it is the first few tremors before the main contraction. Dropping the level of stimulation at these times can produce a plateau in excitement so that a series of almost orgasmic feelings are experienced. If you lose the edge or exhaust your partner, they can slip off the high without that final mind-blowing orgasm, which can leave them feeling frustrated. Consequently, it pays to get to know their quirks and listen to their advice.

9.5 Applying the discipline

Armed with this understanding of the physical process lets see how we can use discipline to enhance our relationship. The key is to condition your partner into associating the high of sexual feeling and orgasm with you, their loving partner.

Curing Addiction: where sex toys or excessive masturbation is an issue, your partner is being self-indulgent and sidelining you. Likewise, if they repeatedly pester you for sex, their focus is inwards, concentrating on giving themselves pleasure and neglecting you. There are two issues to address. First is that the addiction is a negative behaviour. Second is that it might be a symptom of your failure to address their sexual needs. In the latter, you will need to work on your technique and be more inventive but for the former we can use discipline.

Breaking addiction is all about taking complete control of your partner's sexual well-being. Self-loving is not a bad thing, per se, but you need to establish the correct boundaries and balance their activities. Tuning into your partner's libido is also a rewarding task. You will find that like emotional cycles, they have a sexual energy cycle. At times, the urge to play becomes overwhelming. You need to know this cycle in order to predict when they are 'hot' for sex. You can then use the discipline to tune them into your own sexual frequency.

Like any addiction, reinforcing the behaviour will make it become increasingly extreme in an attempt to achieve the same impact as the last high. Consequently, the first task is to break their dependency. Start by putting your partner in chastity. Release them only when you are ready for sex, feel disposed to let them play, or think they are getting too frustrated. In the first case, you become their main source of relief and so they identify sexual intimacy with you. In the second case, the body will recalibrate, lowering the level of intensity required

to achieve the same level of satisfaction. In the third case, it brings their sexual focus back to you. By releasing your partner at properly spaced intervals, you can ensure they are always ready for intimate action. Begin with frequent releases and then slowly lengthen the period between releases until they match your own sexual cycle. This way, their urges will diminish so that you can get back to a more usual and hopefully enhanced arrangement without the device.

A less extreme form of sexual discipline is to use a chastity device only when necessary. For example, if you go on a shopping trip or a night out, leave your partner wearing the device. That way they cannot indulge themselves when they think nobody is around. Another variant of the key-holding idea is to confiscate any sex toys and lock them away. Allow your partner to have them on a certain day or as a reward for good behaviour. Women in particular like the fantasy of being 'caught in the act' with a sex toy and then being disciplined accordingly. The latter is also a form of sexual bratting. That can mean you watch them pleasure themselves, spank before putting them into chastity, or give them the 'proper-seeing-to' they deserve.

Likewise, if your partner enjoys watching porn films or surfing the internet for dubious content you can desensitise them slowly by allowing them to engage in such activities but only while wearing a chastity device. Once they get the idea that they cannot relieve themselves without your help, the interest will soon dwindle or they will get so frustrated that their attention will come back to you. Gradually bring their toys or sexual fantasies into your own lovemaking sessions and learn how to turn them on. Alternatively, use the discipline as a deterrent following each indiscretion with a disciplinary style spanking and/or enema session.

Controlling infidelity: sexual dependency is a tremendously powerful thing and plays no small part in why we agree to marry in the first place. If you suspect that your partner might be up to something outside your relationship, it is easy to wrest back the initiative. The trick is not to get angry but acknowledge that your partner is incapable of exercising the required control. Take steps to place them on a clear regime of (non-punitive) discipline designed to bring their focus back to you. The trick is to balance the control against their need. First, remove their ability to have sex outside the relationship by putting them into chastity. Then, slowly, turn their focus back to you. Over a number of sessions, you can train a partner to be responsive under your command and for them to associate arousal and sexual relief only with you. Here, you are not only

applying discipline but also tuning your partner's sexual frequency to yours.

The chastity renders them sexually incapable without you. Fit the chastity device before they go to work, when they go out for an evening, or on a business trip and remove it when they come home. If that fails to dampen their ardour, your rival discovering the chastity device in the throes of passion will act as a deterrent. Chastity can also be combined with collar and harness type discipline at home. Leather harnesses and straps that act in the same way as chastity devices are available for short-term play. So, for instance, if your partner looks at a pretty girl or flirts with your best friend, don't get angry just discipline them by putting them in chastity for the day. In the evening let them out for a lovemaking session where you are in control. If possible, wear provocative clothing or tease them a bit throughout the day, so that they are in the zone for when you unlock. It is all about re-grounding their sexual focus and shifting it back to you. Done properly they will find it different, exciting, and will not want to stray.

Maintenance: chastity is also a form of sexual maintenance. Even if you do not have real sexual problems, putting your partner in chastity can be very fulfilling. You cannot turn the clock back, to make them virgins again, but a forced abstinence from sexual activities and not being able to touch certain parts for a while can make things feel fresh and new again. Some people even get a thrill from the ritual of reporting for and being put into chastity by their HOH, whether it is just for an evening, a weekend, or something more long-term. If things are getting a bit samey in bed, tell your partner that you are going to put them into chastity. Lock them up on the run into an anniversary or if you have a business trip. Just like those knights in days of old, give them something to pine for; when release day arrives they will be all pent up and ready to be mastered. Done properly, that can lead to the kind of fantastic sex you had when you first fell into bed together.

Regularising urges soon cures a problem but can also head you into more kinky waters. In some domination style relationships, the passive partner gets to the point where they can only relieve themselves in front of their partner and only when ordered to do so, a kind of Pavlovian response. If this idea has appeal, you will need to learn a few extra techniques. The method works better for men, who orgasm quickly, and often enjoy the naughtiness associated with being taken-in-hand.

Whenever a chastity session is about to end, dress in the same outfit, for instance, office suits or blouses, skirts, stockings and heels. Neat and authoritative is the look to emphasis that this is discipline. If

you are more adventurous, try a sexy basque, leather, rubber or PVC clothing. Sit on the end of the bed and coax them through masturbation. Use a matter-of-fact tone, pretending to be disgusted at their lack of control, or commenting how they are doing. If you are a bit of a flirt, tease them with sexy lingerie or take over and stimulate them manually while you tell them how naughty they are. Alternatively, learn to talk dirty. Experiment and find their trigger words. A few sessions like that and the focus of their excitement will shift back to you. After that, you can follow on with sex that is more conventional or where you are in control.

Another trick is to buy a collar or choker with a ring (for you) and then to attach their key to the ring. If a collar or choker is too much, try a simple chain but wear it so that it is visible to your partner. Put your partner in chastity, tell them that if they are good you will be having sex later, then take them out or have friends round and wear your collar. If they have a tendency to flirt, every time you catch them, give them eye contact and finger the key. Likewise, if you just want to drive them crazy, dress provocatively and tease them mercilessly or flirt yourself.

Be prepared to field questions about your new piece of jewellery. It is surprising how many people will ask. Tell them that it is a symbol of your togetherness, or the key to your heart, or something equally cryptic but don't say your partner is in chastity. That way, both you and your partner know what is going on, but nobody else does which can be deliciously naughty. By the time you are alone again you will both be eager to go. You might discipline your partner with spanking or something else if they flirted too much before unlocking and moving onto the main event.

If chastity and/or denial appeals, then sit down and agree rules of engagement. Set out clear guidelines. You will need to take any measurements for the device together. In fact, the whole process of acquiring and fitting the device can be fun, especially when you see all the different types of attachments and accessories you can get to go with them! Don't be frightened to experiment and have fun together. The point is to keep your partner engaged so they don't become bored with the sex in your relationship and start to look elsewhere.

9.6 Discipline and Dysfunction

Discipline is used in a different way if you want to treat some sexual dysfunction. The object is still control but whereas in chastity you want to tame excessive urges, in this category you need to train your

partner to get aroused and to heighten the excitement once they are aroused. For both male and female, arousal works best when they are relaxed and free from anxiety so do your best to get the ambience of the bedroom right, take the phone off the hook and guard against any interruptions. That also means setting aside enough time to be together and ensure the focus is entirely on your partner.

You are not going to cure things in one session so take a relaxed approach. Make sure there is a regular sequence of sessions so that your partner can start to get into a receptive headspace before the session begins. You can still use the techniques in chastity but don't forget that part of the problem might be your partner's anxiety about their ability to perform so locking them up might just make things worse. Recall, that the process of orgasm requires three things, an increase in blood circulation, a mental trigger, and then proper stimulation of the genitals and other erogenous zones. Let's assume here that you know how to do the latter.

Start things off slowly and then encourage them to explore their feelings further with you. Spend some time discussing what you want to try. Make sure that they know it is okay if things do not go according to plan. Never show your frustration if things don't work but when things do go right, let off the fireworks, put five stars in the discipline book, or tell them how fantastic everything was. Don't give up, regular sessions and discipline is the key.

Spanking: preparation for orgasm begins with an increase in circulation. Thus, a therapeutic spank can be used to start de-stressing and defuse anxiety. Spanking, of course, speeds up your heartbeat, and relaxes you. Not only does this send blood to the right parts of the body (the pelvis and bottom) but also high-jacks the neurological circuits required by the brain to generate arousal feelings in the genitals. Symptoms of anxiety also tend to use the same nerve groups. So, for example, performance anxiety, where a partner cannot get aroused because of fear of failing to get aroused, can cause a vicious circle, which ends up in disaster. The physical aspects of a therapeutic spanking clear the spankee's mind and purge the circuits so that the natural arousal response and those mental triggers can take over.

The idea is to spank just at the right intensity to get the body and the brain ready for sexual feelings. Sometimes the fact that it is working will be evident with partial erection or wetness in your partner. Once you get to this point switch to more conventional arousal techniques. Thus, if your wife finds it difficult to climax, a gentle spank might create sufficient lubrication and blood circulation to make it easier to proceed. Alternatively, if your partner has

problems with erections, try spanking them first to get things going. Clenching the bottom cheeks and reacting to a spank exercises the kegel muscles in the lower abdomen and between the legs. These muscle groups are necessary for orgasm and ejaculation. The percussive effect of a spank also causes indirect stimulation and squirming about over your knee adds direct stimulation as well.

Fantasy: as a general rule therapists advocate up to 30 minutes of foreplay for every 15 minutes of actual sex. So if you are a bit ham-fisted when it comes to touching your partner, get them started with spanking, then stimulate and spank at the same time before moving onto a reduced period of direct sexual foreplay. The spanking adds to the sense of being naughty and this might allow your partner to fantasise about other things that turn them on. The trick is to get their mind working in a sexual way.

Part of the problem might be repressed feelings because your partner is guilty about things that are taboo. For example, they may have a new infatuation that is reducing their feelings for you and making them feel guilty. Perhaps they have discovered a new sexual kink and are trying to come to terms with it. In the former you need to be sympathetic, infatuations are short-lived unless you over-react and push your partner out of your bed. In the latter, most kinks are harmless and can actually be fun.

Fantasies involve an object, a style of dress, or a particular look. Often an idea grows, peaks, and then dwindles. If you can indulge your partner early on, you will find that it doesn't get out of proportion. Usually, a person thinks they are the only one to have a particular fantasy, and that produces feelings of being different, weird, or perverted, which leads to guilt and then anxiety and before you know it they are obsessed about it and nothing is happening in the bedroom. Likewise, if your partner lacks imagination or deliberately suppresses such thoughts as amoral, you will need a little bit of further encouragement. Tell them that accepting such feelings are natural and that you will help them fathom it all out.

If you get cable or satellite, there is usually an adult channel. A lot of content is naff, but it will not be too extreme as a starting point. Being able to laugh about it together might actually help reduce anxiety. Alternatively, a trip to your local sex shop can help define your private kink. Porn isn't just for men. A recent survey indicated that 70% or more of women between 25 and 40 also get a turn-on from pornography. Some sex shops have DVD sections with milder content designed for couples.

The type of material is important, be honest and explore your fantasies together. If you think you are the only one with a particular kink, you'd be wrong. One thing guaranteed, if you can think of it, somebody already has and there is probably a website. So, if it is cheerleaders, hunky firemen, air hostesses, girls in men's shirts and white socks, girl-on-girl, threesomes, guy-to-guy, stockings, petticoats, cute girls in ribbons, muscle men, nurses, prom dresses, brides and bridesmaids, equestrian outfits, boots and shoes, ... whatever, a few moments on the internet will convince you that you are not alone. For a range of clothes and uniform ideas try [17] or tap in a few keywords about your fantasy into a search engine and see what pops up (!) Seriously, though, your partner might not know what their triggers are so you have to be inventive and try alternatives. You can't be timid or shy. Subconsciously, your body knows what triggers it but you might be surprised to find out what it is.

When one fantasy is worked out move onto another. Always discuss your fantasy feelings. You don't have to look like a film-star, be a nubile hotty, or Mr Universe. Just don't get offended if that is what gets your partner going. It's just a fantasy, remember, and doesn't affect their love for you. If you can't wear pig-tails and a netball skirt for a couple of hours or get some khakis and a camouflage jacket or play the pirate for a bit of fun, rent a DVD with the same content and use the visual triggers to get the arousal going. Your reward is that you are getting the sex.

Remember the discipline. Take it in turns choosing a fantasy, make sure it is a regular event but not so regular that it becomes dull and boring. After a time, you will build up a selection of favourites and know what to do to press all the right buttons for each fantasy. Remember that what you do together in the bedroom is something very personal between you and your partner. It is a time for trust and letting the barriers down. It is also the cause of much anxiety about sex. Defusing the issue together is what strengthens the relationship.

Exercise: assuming that the plumbing is working properly the remaining difficulty is an ability to maintain an erection once it occurs or to increase the power of an orgasm. Even with sufficient mental triggers and stimulation, the muscles might be too weak to keep things going. Regular exercise such as pilates can tone the pelvic floor. For a man, exercising the pubococcygeal (pc) muscle improves staying power and control. The pc muscle is found at the floor of the pelvis and is used to clamp down when a man tries to prevent himself from peeing. Small weights can be used to build penis strength and vaginal tightness. For the man, the weight hangs off the penis and you flex the

erect penis like doing bench presses to lift the weight. For the woman, an egg-shape with a weight attached on a string is inserted into the vagina. When standing she clenches the muscles in and around the vagina to keep the egg in place. Put your partner through their paces regularly. Design an exercise regime and get them to flex those muscles and hold for a few seconds. Build up the number of repetitions into a full sex fitness session and before you know it both your stamina and tightness will improve.

A little bit of resistance during penetration and intercourse can be very satisfying. Ladies, try clamping down on your partner while they are inside and see what that does to an erection. Guys, learn to flex the pc muscles to strengthen the erection as you enter your partner or to simulate the start of ejaculation when inside. For many women the man's final moment of no return is what pushes them into orgasm. Doing this together, towards the end of intercourse, to create a competitive tussle can leave you both breathless and push you over the edge for that much sought after simultaneous orgasm.

9.7 Premature (or early) ejaculation

Here, the discipline needs to focus on control. So, for example, play a discipline game where you reward your partner if they can put off the inevitable moment for a certain time. Try to increase the time and/or vary the amount of stimulation in each session until you get them to a reasonable limit. Once he gets used to that stimulate him while he continues to hold. Make up a set of exercises, like circuit training. For example, spank to make him clench, then flex the (pc) muscles while you stimulate the area of erectile tissue between balls and anus, then spank again. Slowly build him up until you can stimulate him directly. A good position for this is over one knee, with the penis underneath so you can reach it with the non-spanking hand. That way you can alternate between spanks to clench, squeezing the pc muscles, and direct stimulation.

To have any effect the training has to be regular (at least twenty repetitions in a session) so mark down maintenance discipline as a weekly, or several times a week, event. For a quicker fix, there are a whole host of devices designed to control a man's ability to maintain an erection or withhold ejaculation, for example, cock-rings, straps, and so on. Sometimes one of these little gems is all that you need to delay things enough for enjoyable sex. Other good sources of ideas are domination games where binding or the restriction of the cock and balls is a ritual and orgasm control is a speciality (see Chapter 10).

A simple game is 'edging'. Command your man to masturbate. When it looks like he is going to come, tell him to stop. Let things subside and then repeat. Alternatively, do it yourself, massaging and teasing but withdrawing your attentions just at the point of ejaculation. The idea is that they get used to the heightened state of wanting to come but learn to control it by clamping down on the pc muscle. Use spanking as a punishment with some pc training if they fail to achieve the objective or offer them a sexual reward if they do. That keeps their mind focused.

In the early stages of training, accidents will happen, so you need to be prepared. If it looks like they are going to pop, squeeze the end of the penis with a thumb and forefinger to close the urethra. The easiest method is to squeeze the glans (head) with your thumb on the fraenulum (where the foreskin is attached or should be, if you man is circumcised). There are several places to apply the correct pressure. Another position is the base of the shaft just above the testicles making sure you press the tube closed just as the first spasm occurs. Another place is the so-called *Lion* or *Sacred Spot*. Feel part way along the erect tissue between his testicles and anus (see Figure 9-1). There is a soft spot or dimple about the size of your thumbnail. If you have the right place when you press it gently, he will be able to feel a pressure deep inside. This is where the fluid pools just before ejaculation. Massaging the spot is quite pleasurable for him. When he tenses ready for orgasm, press into the spot until his excitement subsides, and then start the process again.

Sometimes the lower down the more painful it can be. That fluid has to go somewhere, so letting it get part way up the tube helps. Because there is no ejaculation the fluid can end up in the bladder or back in the prostate. Don't worry. Most of the fluid will be expelled next time he visits the toilet and the body will reabsorb the rest. Get him to flex the pc muscle while you clamp off the tube and after a bit of training he will be able to read the signs of when ejaculation is imminent and use the pc muscles to stop it happening.

9.8 Advanced techniques

Once you have mastered the basic arousal techniques you need something extra special to keep your partner's attention. These next two techniques extend the idea of training your sexual muscles to create even better orgasms or to hold a partner on the edge to get a significant additional high from sex. Learning to perform these

techniques forms the basis for all-body orgasms, tantric sex, and the famous male multi-orgasm.

Prostate massage: is the ultimate control tool for the male. Even if your man does not get an erection, you can still use it to express the ejaculation fluid. The method forms the basis for a powerful control technique in domination games or as part of a chastity programme. Once the prostate is empty, it is virtually impossible for the man to ejaculate. There simply will not be enough pressure at the base of the penis to expel anything, so it controls the effects of masturbation or indeed the need for sex. With a bit of practice you can give your partner a dry orgasm, which means they get all the feelings but do not ejaculate. Because there is no ejaculation, there is no trigger for the refractory period, so he keeps his erection for longer. With a full prostate, you can keep him on the edge before letting him go in one mind-blowing event.

The prostate is a walnut sized mixture of muscle and glands that creates the majority of fluid in ejaculation. It is most easily located by inserting a lubricated finger two to three inches into the anus and feeling up towards the pubic bone at the end of the erectile tissue in the penis. It sits at the neck of the bladder, surrounds the urethra, and has ducts that open up into the tube. Pressing the Lion spot puts pressure on the prostate from outside which is why it is pleasurable.

The prostate is also the seat of the so-called Jen-Mo acupressure point. When the Lion spot is stimulated, it can send pleasure up the meridians to other parts of the body. In the all body orgasm, rather than ejaculating, the man clamps the pc muscle and supposedly diverts the orgasmic energy up through the meridians while the body reabsorbs the fluid. That said it is not easy to do. Try to flex your pelvic muscles so that it feels as though you are sucking your anus up into your body, and then hold it for as long as you can. Now imagine doing that just at the point of ejaculation!

The trick to prostate massage is to be gentle. Once you can feel the prostate through the rectal wall, start a slow gentle motion with no more pressure than when you are rubbing your eye. As the tissues soften, widen the scope to include the muscles on either side. The prostate actually has three lobes. The one in the centre contains the main nerves and surrounds the urethra. Use a lateral motion to massage the left and right lobes and push the fluid towards the centre, then down into the tube. Once the bulb at the base of the penis is full of fluid, push it up the tube to exit the penis by massaging it along the tube with your other hand. If you are skilled enough, you can do this without triggering an ejaculation, a technique referred to as milking.

In the Bedroom

More than likely, your partner will get aroused. As you stimulate the prostate, it will start to contract to expel the fluid in an ejaculation. Thus, by varying speed and motion of the massage you can control your partners feeling of excitement and wanting to come without actually making them ejaculate.

Depending on the effect you want to achieve there are several approaches to prostate massage. The most obvious position is with your partner on their back, legs open, the so-called missionary position. Apart from the fact that this is a submissive position and so emphasises your dominance it is also convenient for stimulating your partner's manhood at the same time. If your intention is to empty the prostate without any sense of sexual stimulation the prostate can be massaged from behind. Have your man stand, legs slightly apart, and bent over a chair or desk (like for spanking). Below we assume the missionary position but the technique when standing is the same except that you do not stimulate the penis.

Assuming that your man is over the homophobic thing of having you play with his ass, slip your finger inside and get it comfortable in the anus. When you think he is relaxed enough, start to massage. Massage the cock gently as well to get him semi-erect and then watch for changes to the head to tell how close he is to ejaculation. Ideally, he should get stiffer and stiffer, and the head should swell as it gets more engorged. Give him a bit of encouragement by rubbing the cock if you want him to go off quickly. Eye contact and a little verbal teasing, oral stimulation, or encouragement also works but that depends how you want it to go.

To tease him, slow down and remove your attentions from his cock but continue the massage. After the initial excitement, he will reach a plateau. Continue massaging the prostate and the testicles should rise as the scrotum contracts to pull them close into the base of the penis. The testicles and head of the cock might swell a little more and sometimes the edge (or corona) can turn a purple colour. The tip may start to leak a clear fluid (pre-cum). Spread this around the head and massage the penis a little more.

Don't stimulate the penis too much. It'll be on a hair trigger. If the head twitches or you feel any other sort of contraction via the anus slow-down, remove your attentions and wait until things settle down. A dry orgasm occurs when you get prostrate and penis contractions but without the ejaculation. These can be very pleasurable and will get more and more intense the longer you tease. Who said a man could not have multi-orgasms!

Once the fluid has pooled at the base of the penis any contractions need to be carefully controlled. Keep massaging, and stay away from the penis, except for an occasional very light touch or squeeze to assess the stiffness. Ask him how he feels. There should be an increasing pressure, as if he is about to come. Try and keep him at this point as long as you can (try a minute, and then a bit longer). It is harder than you think. Some men can come just from the prostate massage alone. If you feel the prostate contract, press the urethra shut or apply pressure to the Lion spot, and let things subside a little. Some say that circling the testicles and pulling them (gently) away from the base of the cock helps as well.

Finally, when you have teased enough, slowly increase the pressure of massage, and start stroking the penis. Shaft it and rub the head in a corkscrew motion, slowly building to a crescendo. If you feel he is getting a head, go with it, quickening the pace to bring him to the boil. When all his muscles tense, that is the point of no return, the bladder sphincter will contract setting off a wave of spasms in the prostate, perineal muscles and along the penis. Keep massaging the prostate gently to encourage more waves and shaft his penis to encourage as much fluid up the tube as you can until things stop. Do it right and you will have an obedient puppy for days afterwards!

Another method is the ice-pack massage used in chastity or denial discipline. Here the penis does not have to be erect for you to milk the ejaculate. Place ice packs around the genitals and then proceed with the prostate massage, expressing enough fluid (a couple of thimbles full) for a normal ejaculation. Once you have collected enough fluid the man cannot ejaculate again even by masturbation until the prostate produces enough new fluid to build up the right pressure. With the cock still flaccid, you can then put them in a chastity device. Time the intervals between massage correctly and you can constantly deny your man the usual orgasm while maintaining a healthy prostate. If you want to try this method, think about restraining your subject as well. Men do not tend to stay still very long when you start freezing their family jewels. Be careful not to leave the ice in contact with the flesh too long, it can leave a burn or frostbite like symptoms.

Female Ejaculation: a similar massage technique can be used on female partners using the Grafenberg spot (or G-spot). Locate the G-spot by inserting a finger into the vagina about two to three inches and feeling up under the pubic bone. See Figure 9-2. The area is about the size of a grape and feels rough to the touch. This area contains a vestigial prostate. When the foetus develops in the womb it is initially female and develops into a male only with a change of hormones that

make the prostate and other sex organs grow. In the grown woman, some of this prototype prostate remains in the form of the paraurethral (or skenes) glands positioned in the same place as the man's prostate. Indeed, the structure is referred to as the female prostate. The glands produce a clear fluid with the same chemical composition as the male ejaculate and have ducts leading into the urethra (and some say the upper wall of the vagina).

Get your partner into a position that makes the G-spot easy to locate. For example, a missionary type position. Sit in front and get them aroused and excited then slip a finger (or two) into the vagina and feel upwards to find the right spot. Start to massage using a circular, side-to-side, or 'come hither' motion. Ideally use a soft kneading motion that presses the finger(s) up into the rough spot to compress the glands. Be gentle but do not stroke (that doesn't work at all). Once the glands soften up, they will release fluid into the urethra, which is why some women think they are going to pee. Combine the internal massage with attention to the clitoris and your partner will become increasingly excited. Watch for the signs and different stages of excitement, such as neck and chest flushing. Not all women like this type of massage, so stop if they don't find it pleasurable.

A woman can have at least two different types of orgasm. One comes from the vagina with muscle contractions and another is more deep-seated coming from contractions of the uterus. The vagina is only sensitive (or has nerves) in the first third or so. Thus, deep penetrating thrusts during lovemaking won't really have much effect unless you can stimulate the clitoris at the same time with the motion. The uterus-based contraction is much more intense. Some women can combine the two with deep contractions from the uterus and the flutter of vaginal contractions and quite possibly anal contractions as well. If you can synchronise all three then the result will be fantastic.

When you stimulate the G-spot you are going for the deep kind of orgasm. So build her up slowly, playing with the clitoris while you massage the G-spot. As her reaction intensifies, you may feel her clampdown hard on your fingers. Increase the pressure in the massage of the G-spot, and try to stimulate the opening to the vagina with the motion. To make her ejaculate, you have to get enough fluid from the skenes glands into the urethra and massage it towards the entrance. When the big contraction comes, she will contract the tube and ejaculate the fluid. There can be only a small amount or a lot (but not as much as a male ejaculation). Continue the motion gently to encourage more contractions and tip her over the edge into a deeper more rewarding orgasm. If you do it correctly, apart from the evidence

of the fluid, a good orgasm will result in a bit of mental fog, so expect a little disorientation and exhaustion.

There are one or two things to watch out for on the safety front. Women can be quite sensitive about bodily fluids so to avoid embarrassment and to relax your partner, make sure they go to the toilet first to expel any urine. Another problem is irritation. Prostate or G-spot massage rubs the urethra and it can become inflamed for a short time afterwards. This is often a cause of 'honeymoon' irritations especially if your partner is a virgin. First time sex can be quite rough on the vagina and the urethra just above. In extreme cases, a stricture can form in the urethra, which reduces the flow and may need treatment. If you are gentle and identify the right spot there should not be any major problems but don't over do it – keep it as a treat. If you have difficulty finding or stimulating the right spot with your fingers, there are a range of male prostate massagers and vibrators designed to reach the female G-spot. A worthwhile investment if ever there was one.

9.9 Summary

Now you know how to extend your discipline into the bedroom and cope with sexual misdemeanours. For cases of infidelity or wandering eyes, use the discipline to bring your partner back into the relationship and focus on you. For sexual problems, work together with a regime of chastity and denial to first curb sexual excess and then to re-ground your partner. For problems with sexual intimacy work together using therapeutic spanking and a range of control techniques to overcome and reduce the mental and physical barriers. Working together will bring you closer together and deepen your relationship.

Probably, the bedroom is the place where you are most willing to do things together that you would never do with anyone else. Employ the discipline but do not lose sight of the fact that you are engaged in intimate moments. Trust each other and let your guard down. If you aren't honest with yourself and/or your partner it will come back to haunt you in other ways. Denying your natural feelings will only repress things and that will lead to negative behaviours in other parts of your life, be it your relationship at home, at work, or with the extended family. So, if you get excited at the thought of spanking, or if you need help to cope with sexual feelings, or even if you just feel a bit kinky sometimes, let your partner know. Together you can develop a unique discipline and play programme that both of you can enjoy.

CHAPTER 10 *DD on the edge*

The last few chapters have moved from a straightforward domestic discipline programme into the exotic. This chapter considers some more risqué additions to your DD lifestyle. Edge play in BDSM refers to extreme activities. Although there is nothing too heavy in the following pages, they can still be a bit strange to people new to domination games. We have classified them as on-the-edge to indicate that these activities push the boundaries. If you are experimental, you might want to dabble and add a bit of spice to your DD lifestyle. A little secret like that can give your relationship an extra buzz and keep the magic chemistry alive. Alternatively, you might discover that your partner has certain kinks. Either you decide to run away, pretend that the issue does not exist, or tackle it head-on.

For ease of reading, this chapter divides into two parts. In the first part, some extensions to bedroom and non-spanking discipline are considered. In the second, we identify three different types of play that fit well with the domestic discipline ethos. All the schemes considered have corrective, therapeutic, or maintenance elements of discipline. Most of the suggestions also enhance the dominant or submissive role of the partners, so let us start there.

10.1 Domination and Submission

Domination is a huge subject. Often it is misunderstood. As any half-decent Dominatrix or Master will tell you, to be good at domination you need to understand your partner extremely well. A true Domina is not a man-hater and a true Master is not a misogynist. They have to understand the needs of their submissive and seek to satisfy that need for domination in a safe and sane manner. Often, finding ways for their sub to ground their negative energy can be extremely exhausting.

In a DD programme, the naturally submissive partner is the one that gives up control. The HOH takes on the dominant role. We said at the start of this book that DD was not about Bondage or Sadomasochism and that is still true. Nevertheless, it is impossible to deny that some sub-dom couples engage in domestic discipline. If that applies to you,

or you are just curious, these additional suggestions might help in balancing your normal and fetish lifestyle. Alternatively, think of it as a way for your partner to keep well balanced.

Any person who has visited a dominant will tell you that afterwards they feel completely relaxed and stress free. If you are struggling to come to terms with the idea of sub-dom themes, just remember how it feels when you have the most mind-blowing sex imaginable and then drift off into a relaxed deep sleep to wake up feeling completely refreshed. That is exactly what it is like for a submissive person after a domination session. Often, it is not about sex. Yes, sometimes they get aroused too, but a lot of the time submitting is the thing that helps ground their negative emotional energy.

Why people want to take on a submissive role is a very interesting question. Some people are just naturally passive, others enjoy the ritual of submission, and others are forced into a dominant position at work and need to give up control at other times in order to let off steam. In some cases, the desire for domination comes from long repressed issues in childhood, previous abusive relationships, or a traumatic event. The first step a partner takes to re-balance can be to let you, the person they most trust, in on the secret. Indulging in some fantasy discipline might help heal the problem or at least let out the emotions and start the road to reconciliation. Mostly, a bit of kink is harmless but sometimes your partner will need professional help.

10.2 Genital Shaving

This first topic is pretty close to the mainstream. Most people nowadays engage in personal grooming. Western women regularly shave their underarms and legs. Increasingly, younger men shave their chests and backs for that smooth athletic look. Since the advent of the bikini line or brazilian wax the whole topic of genital shaving has become less taboo. Pubic shaving is an easy addition to a DD programme. Along with other hygiene or dress codes, the HOH might insist that the passive partner keeps their pubes hair free. Apart from an outing to communal changing rooms, it is completely private and discreet. You might also consider shaving if you are into oral sex and a mouthful of fuzz does not appeal. It can also be a way to emphasise any genital jewellery such as piercing, clit clips, and so on. The so-called porn-star look is popular in the adult industry because it gives a much cleaner camera shot.

Applying discipline right after a shaving session can emphasize the feelings of submissiveness and being taken-in-hand. Women into the

totally nude look admit that just after shaving they feel a little naughty and extra girly. Likewise, for men, hair is often associated with masculinity, so having the pubic area shaved can ground any excessively macho feelings. In feminization games, you might extend shaving to other parts of the body as well. A smooth pair of genitals also makes the application of cock rings or bindings that much easier because there is no possibility of catching or snagging the hair.

Although a person can shave himself or herself, it is easier having your partner do it. In fact, lying back and letting your HOH shave you is the whole point. It requires submission and can be intensely erotic. For your first time you will need some warm water, scissors, shaving foam, a shaving brush, and a disposal razor. Clip the heavy growth until the hairs are quite short then apply a warm damp towel for a few minutes to soften up the remaining fuzz. Cover the whole of the genital region (that is all the pubic hair) and the main sex organs with foam. Take your time to shave the area completely, being particularly gentle around the more sensitive areas and folds of skin.

Don't forget between the legs, from the genitals to the anus, where some people can be quite hairy. It is best to go with the direction of the hairs but watch out for bumps where hairs grow under the skin. No matter how careful you are, there will be a few nicks. Afterwards apply a mild astringent to close up any cuts and avoid anything nasty like fungal or candida infections. Once the shaving is complete, rinse off and apply some soothing lotion that will help close the pores and prevent any new pimples from forming. For a man it is better if they are semi or fully erect when you shave. This avoids things flopping about and getting in the way. So give them a bit of massage to keep things up while you are shaving. Ideally, you need sufficient stimulation to tighten the ball sac. That way the skin is taut making it easier to shave the testicles without snagging. Don't forget to shave the shaft as well so that everything is smooth and clean.

Shaven pubes are high maintenance. That is part of the attraction. If you fail to look after the region it can get stubbly, which is not very appealing, and itches a lot. It requires discipline to stay in pristine condition. In the first few days after shaving, the area can rub and chafe. The hairs protect the skin from the friction of your clothes. So make sure your partner has some soft underwear (cotton or silk) to wear against the skin – which can also have pleasant effects and give them a special thrill. If the area is to be shaven at all times, ensure a regular application of a depilatory cream and other moisturiser to stop the area drying out too much. After a few days, things will toughen up and you can concentrate on keeping it silky smooth.

Shaven sex is definitely different. Some people get a real turn-on while others don't like it at all. When a spankee is over your knee for a spanking, pulling their knickers down to expose the bare bottom and genitals can make them feel extra naughty. Some women claim that the naked feeling makes them feel like a little girl again. Thus if your partner's behaviour is juvenile, for example they are bratting a lot, consider shaving them and then dispensing some spanking discipline. Shaving is also useful in enhancing other forms of play such as feminization, sissy, or AB play considered below, or even as a precursor to enema discipline (Chapter 8).

10.3 Binding & Bagging

These next techniques are mainly for male submissives but binding can also be applied to women who like mild bondage. For a man, binding controls ejaculation. So, if you want to be in charge and satisfy yourself before they orgasm, prevent them going off early when you are employing other forms of discipline, or if you just want to give them a naughty treat in bed, these methods are useful.

There are many ways to bind your man but the intention is always the same: to control the blood flow into the penis and close off the urethra. The former maintains erection while the latter prevents the ejaculation. Binding uses a length of rope or something similar that is not too thin (otherwise, it will cut into the skin when tied tightly). For the suggestions here, you need two to four lengths of material. A pair of longer, thicker laces, designed for hiking or trekking boots are ideal. Alternatively, visit the haberdashery and get some long lengths of quarter to half-inch ribbon or buy some thin bondage rope.

Lay your man on his back and spread his legs so the genitals are nicely exposed. Get him semi-erect before you start to bind. Ideally, you want a comfortable binding that he can expand into and really feel the restrictive effects. If he is too stiff when you start, any loss of erection will make the binding loose. If he is too flaccid, the bind will be too tight when he goes fully erect. Obviously, you must watch for the parts staying healthy. White is bad because it indicates no blood flow, red or pinkish is okay, and purple means too much blood is trapped. If your partner complains of pains or numbness then release them immediately. Usually twenty minutes or so is okay. Any longer and you can damage the penis due to lack of oxygen to the tissues.

Basic Binding: requires one piece of rope. Hold the ends, one in each hand, and then bring the centre up to meet the erective tissue just below the balls. Cross the ends behind the shaft to form a loop, as if

you are tying a present, and then pull so that the loop contracts and tightens against his balls. Once you're satisfied that it is tight enough, hold the tension and wrap the rest of the twine round and round until you are left with enough to tie off. See Figure 10-1. The length of rope will determine whether the tie is above or below the testicles. Use a knot that is easy to undo, so you can release quickly in an emergency.

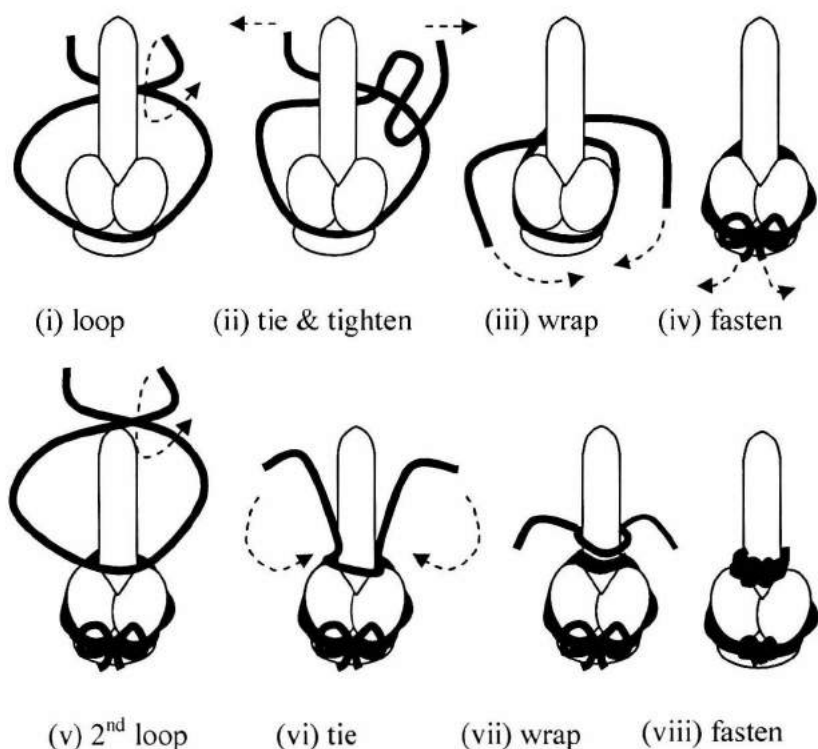


Figure 10-1 Basic Binding

That first binding will make sure he stays reasonably erect. To control ejaculation take a second piece of rope and repeat the process. This time bring the middle of the cord up against the shaft above the balls where you should be able to see the distended urethra running under the skin up the shaft. Cross the ends behind the penis as before, then close the loop and tighten until you see the cord press into the flesh and compress the urethra. How tight this should be takes a bit of judgement. Too tight and nothing is going to get out. Too loose and it is not going to stop the ejaculation. You want it so that there is a bit of leakage when he gets really excited but not much more.

Wrap the rest of the cord around the base of the cock and tie off. For a more secure fit, use the Arabian or Arab strap. Take a third piece of rope and thread the end under the loops of the first binding, then do likewise through the loops around the shaft. Tighten to pull the separate bindings closer together and then secure. Add another strap in a similar way to run up between the testicles. If you are into horse riding, it acts a bit like a martingale, lifting the shaft so your partner has less control. Now do whatever you want: tease him, massage, milk, or just take control and ride him, whatever takes your fancy! Afterwards, untie and if he has been good, finish him off.

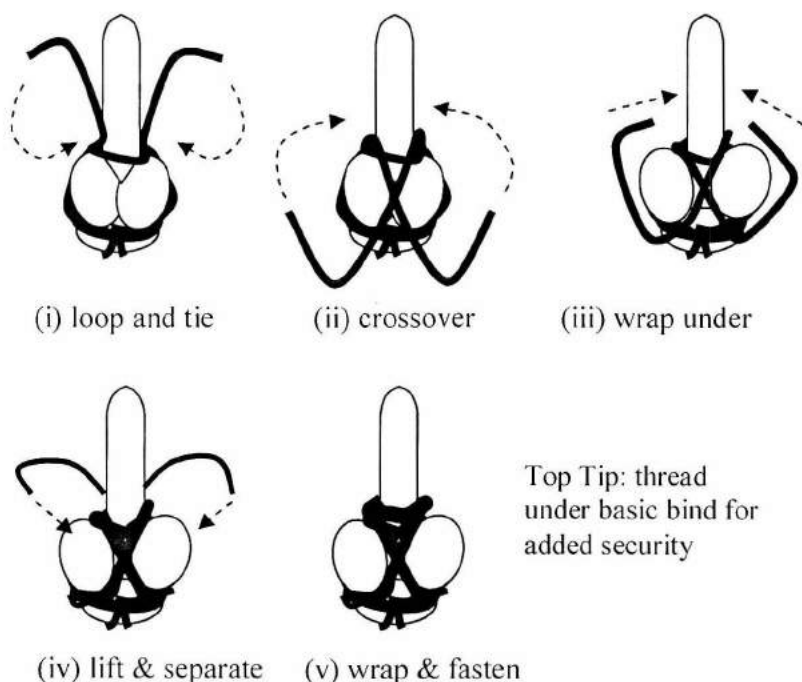


Figure 10-2 The Ball Spreader

The ball spreader: is a slightly more sophisticated binding. Proceed as before with the first rope, maybe pulling a little tighter to push the testicles into a higher position. With the second rope, form a loop and pull tight to encircle the shaft and block the urethra but this time wrap the ends around the cock and bring them to the front. Cross the ends over so they are in opposite hands and form an X (see Figure 10-2).

Loop the left end under the left testicle and the right end under the right testicle. Now pull the ends up, back, and cross them behind the shaft. When you pull the ends tight, the balls will lift and separate. It's a bit like a wonder-bra and leaves your man feeling wonderfully exposed. If the balls keep slipping out, pull a little tighter and tuck each rope end under the first binding at the base of the cock to give a more secure fit. If there is enough length of rope, you can repeat this several times to get a very snug bind. Leave enough to wrap around the shaft and tie off. Do not pull too tight, the tubes and what-not inside the scrotum are delicate and any damage or excessive pressure can produce severe pains and lead to infertility problems. Mostly you will be okay, but remember safe and sane. If your man complains of significant discomfort, loosen the binding.

Once you master the basic and spreader techniques, you can do them with one longer piece of rope. First, secure under the testicles then instead of tying off keep the tension and move straight into the second binding wrapping the ends around the shaft. Wrap around the base of the penis above the balls and then tie-off. After a couple of wrappings, if the length of material is long enough, you can continue into the spreader and then just tie off once.

The spreader is good if you want to play with the balls, for example massaging, squeezing, or gently slapping. Another variation is to apply the first binding behind the testicles and then use the second rope to wrap above the testicles but below the shaft. Circle the top of the scrotum with the rope like a bag and then tighten to secure. This stops the testicles rising towards the shaft when your man gets close to orgasm and can actually help prevent ejaculation. Some practitioners use cuffs or leather straps instead of rope.

The slip knot: provides an even more secure binding. Here you make a loop around one end of the rope like a hangman's knot. Slip the noose over the testicles then pull tight, wrap around, and tie off. Repeat the process for the second binding. This gives a nice tight fit but can be more difficult to secure (see Figure 10-3). Alternatively, if your rope is long enough, fold it in two and wrap it around the base of the penis. Slip the two ends into the loop at the end and pull back tight. This forms a secure hold and then gives you the two ends back to continue with the binding.

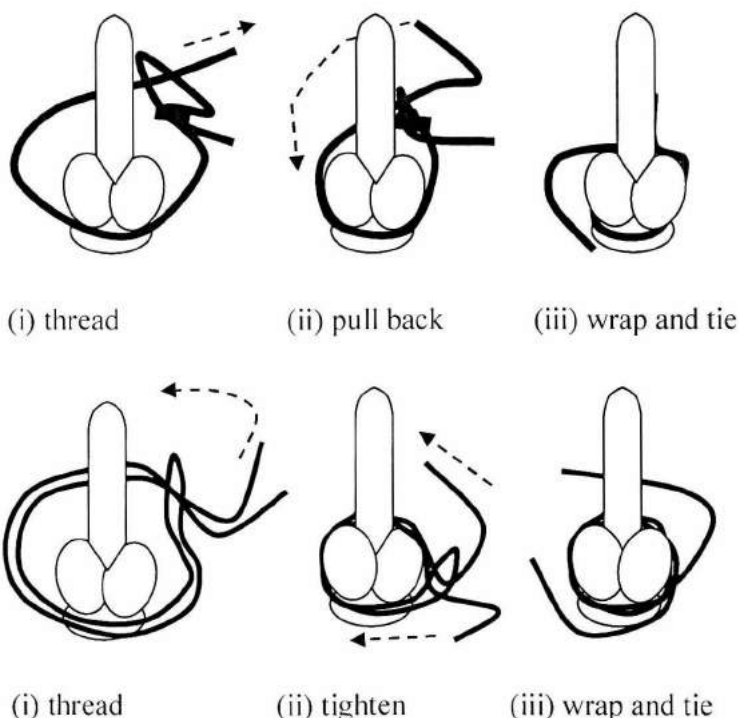


Figure 10-3 Slip Knot and Loop Ties

The neck and ball tie: is good option if you want to control the shaft of the penis as well as the balls. An ideal choice when the objective is to tease. Use one piece of rope to bind as above (spreading the balls if you like), and tie off. Make a slip knot with the second piece of rope and then place the loop over the head of the cock. Tighten until it fits snug under the corona with the knot against the fraenum. Position the rest of the rope so that it runs down the length of the shaft and tuck the end under the loops of the other bindings (see Figure 10-4). Pull the rope taut and it will lift the penis off your partner's tummy. Tie-off and you are ready to play. It is difficult to massage the shaft with this one but as the head swells it strains against the loop and pulls against the testicles to tighten the binding. In fact, any twitching at all will cause a reaction. Hence, this is a good one when combined with prostate massage or anal discipline.

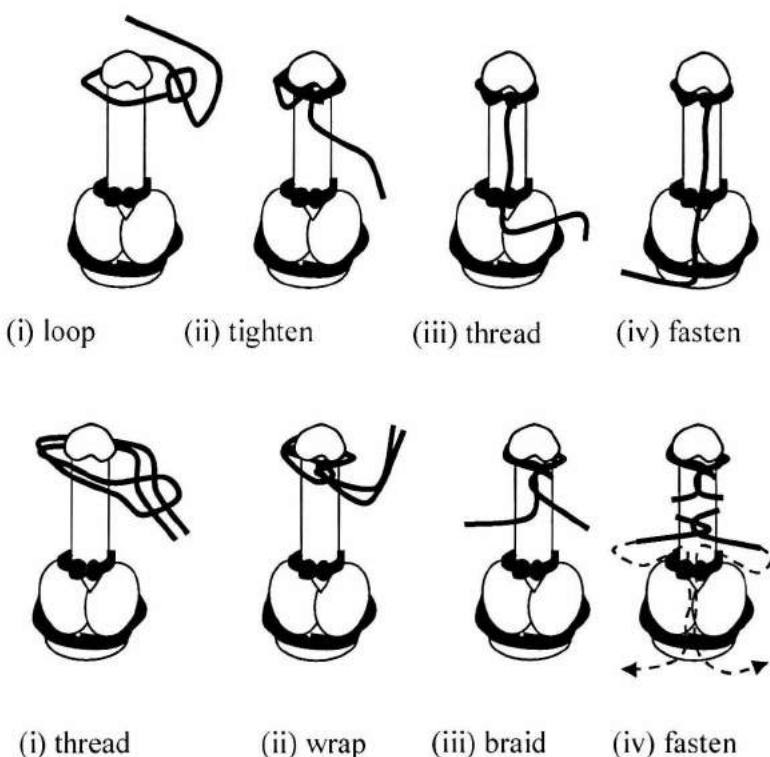


Figure 10-4 Neck Tie and Braid

The braid: is a more complex version of the neck tie. Take another piece of rope and position it under the corona so that you can bring the ends around and form a loop tied at the fraenulum like the start of a bow. Keep the tension in both ends and wrap the penis, crossing and braiding the two ends all the way down the shaft. At the bottom, tie off by tucking each end into the binding at the base of the penis. Obviously, with the right tension it is extremely difficult for the man to ejaculate so this is a good one for teasing, prostate massage, or dry orgasms. Talk to your partner though because sometimes the pressure build-up and the feeling of wanting to come can be too much.

Binding a woman: female binding is possible but is more involved and overtly bondage in approach. The simplest technique is to use two lengths of reasonably thick (but no more than quarter inch) rope. Tie one rope around the waist tight enough not to slip over the hips. Attach the second to the front of the waist rope, just above the pudendum, then thread it between her legs, and up behind the first

rope at the back. Pull the rope tight until it presses against the vulva and separates the labia. The rest of the rope should emerge from between the bottom cheeks. Tie off and you are done. Sometimes small strategically positioned knots are added to the rope to rub against the clitoris and the anus.

Another technique is to fold the second rope in half and thread it through the waist rope to form a loop tie so that the two ends hang down and are of equal length. Pass both ends through the legs and up between the bottom cheeks. Tighten the ropes making sure they fit either side of the labia to push them together. Tie off on the waist rope for a firm fit. Braiding the top of the rope at the front helps to control where the ends separate to go around the vulva and expose the clitoris.

An alternative is to use a collar with a couple of D-rings, one at the front and another at the back. Tie one end of the rope to the ring at the front. Feed it down between the breasts through the legs and back up behind to thread the second collar ring at the back. Pull tight until it fits between the labia and the bottom cheeks as before and tie off. The trouble with this one is that it is quite difficult to stop the rope slipping out of place when your partner moves. To keep things taut you end up having to use a full rope harness. Done correctly, however, any movement, even a twist of the neck, will pull on the rope and stimulate the genitals. Thus, it is an excellent choice for posture, deportment, or spanking discipline.

Women into this type of play also like to have their hands and feet tied as well. Preferably, the wrists and/or ankles are secured to the genital rope somehow. That way they can wriggle and writhe without any chance of escape but feel the erotic effects by rubbing against the ropes and knots. Usually, they can get enough stimulation from the rope to get aroused but not enough to create an orgasm. Obviously, this is very frustrating. The idea is to wait until they are spent from their exertions and then step in and take them in hand. The two-rope variation, that squeezes the lips together, can also increase the apparent tightness of the vulva during lovemaking making them almost virginal. For girls that like to be mastered this is highly erotic.

Bagging: is a technique used in feminization games to prevent an erection or hide the penis. Put the flaccid cock and balls into the bag and use a basic or slip knot binding around the base of the penis behind the testicles to hold the bag in place. Specially made rubber and pvc penis bags or metal cages are available from on-line bondage shops if you want a less improvised look. Hiding the penis requires a different technique with a longer bag and thinner rope. Because the restraint is in place for longer, the binding has to be looser.

Fold the penis between the balls and point it backward between the legs. Sometimes a loose bind around the balls and penis help to keep it pointed in the right direction. Slip the bag over the balls and tie around the base of the cock so that it is not too tight but isn't easy to pull off. Take a second piece of rope and make a loop tie around the free end of the bag, leaving the two ends to hang free. Now, suppose your man is to wear stockings and suspenders, thread the ropes between the legs and pull back between the bottom cheeks to fasten at the back of the garter belt like a female binding. This pulls the bag and the penis between the legs. Slip on a pair of girly panties and voila, you have a quite pleasing 'pussy' bump.

An alternative, less restrictive form is to use an anal plug and tie the rope around the neck of the plug. Which technique you use depends on the size of the penis. Tension is important. Too loose and the effect is ruined. Too tight and the testicles are squashed. Check that your man is comfortable walking and so forth. Even a mild discomfort will amplify over a long period. Sometimes an additional loose braiding around the penis and bag is better than attaching the rope to the end of the bag. The additional grip prevents the whole assembly moving forward and gives a better shape at the front. Another variation is to hide the testicles inside the body. Most men can fit the balls under the skin in the pubic area to leave just the penis between the legs.

10.4 Anal Discipline

Anal play is no longer as much of a taboo as it has been. One can argue that it has now almost replaced the role that sex played in a relationship years ago when your first time was on the wedding night. Mostly, partners cannot claim to be virgins when they enter a relationship but they have probably never experimented with anal games. Straight men, of course, have deep-seated issues about the homosexual implications, while many women confess that they would try it but only with someone very special. After all, you are not going to let just anybody do you up the butt!

Chapters 8 and 9 have already introduced the idea of anal discipline. You need to be familiar with the basics to give an enema and not to be squeamish about anal matters to massage the prostate. Submitting to your partner in this way provides something unique to your partnership. There are a whole host of anal games you can play together and the reader is referred to [13]-[15] for more detailed information.

Plugging: is the starting point for most newbies. The idea is to insert a plug into the anus so that the receiving partner gets used to feeling full and the anal sphincter builds up the flexibility to accept larger objects. Thus plugging is often a precursor for more advanced discipline such as anal sex, dildo training, strap-ons, and so forth. Wide varieties of plugs exist. Start small and work your way up to the larger and more exotic toys such as vibrating, inflatable, and ejaculating plugs.

Inserting the plug is straightforward. Take things slowly and use lots of lubrication. In fact, that is good advice for any anal play. Lay your partner on their back with their legs apart to expose the anus or put them over your knee (as for spanking). Pull on a pair of latex gloves and smear lubricant on the butt plug rubbing it all over the bulb. Next, put a glob of lubricant on your finger and massage the anal opening. Slip a finger inside by pressing gently on the rosebud until it gives. Once inside, massage around the opening to stimulate the nerves. When the muscle starts to relax, remove your finger(s) and place the tip of the plug against the opening. Apply a gentle pressure, moving the plug in a circular motion, and the sphincter will open-up. Push the rest of the plug in, slowing down as the anal muscle stretches over the widest part and then contracts again tight around the narrow neck of the plug.

In a spanking session, you can plug a spankee before the discipline as a warm up, in the middle as part of the punishment/therapy, or afterwards as a reminder. Plugging is also useful if your partner squirms a lot or clenches their bottom. An excellent cure for the latter is Figging. Buy a hand of ginger root (it looks like a hand with stubby fingers). Take one of the fingers and carve it into the shape of a butt plug, leaving a bit to stop it slipping completely inside your partner. Remove the outer skin and insert the finger, like a plug, and then continue spanking. The exposed root stings and will make your spankee squirm. If they clench, the anus grips the root making matters worse. As you would expect, that usually discharges any kind of erotic feelings and gets them to hold still.

If you are into non-spanking discipline, have your partner report for plugging. That way the humiliation of bending over for the process and the feel of the plug afterwards is a constant reminder of the discipline. Plugging is also a great add-on to collar or harness discipline. With your partner naked and collared, fit a plug and then proceed as normal. If you suspect your partner might be misbehaving outside the home, then insert a small plug before they go to work. Again sitting at the desk and feeling that plug will be a constant

reminder and keep their mind on you not other distractions. Anal plugs are also popular attachments to chastity devices (Chapter 9) and are necessary for disciplinary enemas (see Chapter 8).

Plugging and orgasm: often anal play starts in the bedroom. Your partner slips a finger into your ass during foreplay and it gets you excited. Even if you don't want to try complete anal sex, a butt plug can still enhance your orgasm. With a plug in place, a woman can feel doubly full when penetrated vaginally. Since the tissue wall between the vagina and the rectum is quite thin, the plug enhances feeling during intercourse. If you use a vibrating plug, it will stimulate the man's penis as well improving his erection. This is especially good if your partner has a stamina problem.

Remember that an orgasm triggers waves of contractions in both partners, which includes the anus. Clamping down on the butt plug can make the climax more intense. The plug gives the anal muscle something to push against which can send the wave of orgasm back through the pelvis for a more satisfying and prolonged climax. In fact, pressing the plug during foreplay or lovemaking to make your partner clench the anus can get them seriously aroused. Try this when she is on top. Spread the bottom cheeks and manipulate the plug with a finger, working it against the opening as she rocks backwards and forwards. For a man, manipulating the plug like this can massage the prostate to produce a stronger ejaculation.

Anal sex: takes your play to the next level. A gentle approach is to build up the final moment with a series of games first. So, for example, start with a regime of enema treatments or plugging to get them used to the idea and to prepare the butt. Anal sex should not hurt. If it does, you are doing it wrong. Either you have not prepared the butt properly, need more lube, or the angle of penetration is wrong. Also, make sure that the bowels are empty by a visit to the toilet or a dose of enema discipline beforehand.

The best starting positions are all fours, lying face down with a pillow under your hips to present the bottom, or on your side like spooning. These positions ensure that the rectum is more or less straight making it easier to receive. The anal muscle or sphincter is quite stretchy and most people can open up to about an inch without too much difficulty. With gentle massage and regular plugging, you can extend that by quite a bit. Start your partner off with a lubricated finger or two, and then use a small size plug for a couple of hours every few days. When they take that easily, move up to the next size and repeat. After a few weeks, they will be able to take the same size as the usual dildo or strap-on. You can encourage larger objects by

using an inflatable plug. Pump them up to the usual size and then a little bit further each discipline session, then use the larger plug for a few hours afterwards.

First timers worry that the sphincter will get loose or fixed open. This is very unlikely. The anal muscle will contract back to the right size shortly after the session. Another concern is a stricture or tearing. If you go gently and train up to the right size that should not be a problem either. Don't forget that the rectum has no natural lubrication so use plenty to start with and apply more if things dry up. Don't go too deep too early. Remember the rectum is only about five inches or so long (see Figure 8-1). Let your partner get used to the sensations. As they relax, they will open up. Initially, it might feel weird but after a while, they will start to get pleasurable sensations. Often you need external stimulation of the genitals as well.

Some partners worry that the giver will forget themselves and lose control. Always use a condom to guard against anything unsavoury and to reassure your partner that everything will stay contained. The convention is that you withdraw before the final moment even if you continue afterwards. Make sure you both agree what is to happen and do not pull any last minute surprises. Do not mix vaginal or anal sex with the same condom or toys to avoid spreading germs. Clean all your toys, plugs, and so on after each session. If you have a dishwasher, the hot water rinse cycle can be ideal, but try to sterilize everything after use. Latex or rubber can harbour nasty little critters and can be sensitive to bleaches or dishwasher tablets but some nicely fashioned glass toys, which are dishwasher safe, are also available.

Strap-on: when it comes to domination there is an unwritten understanding that the submissive will receive. In female domination, this means that the female partner will wear a harness with a dildo attached, and take the dominant role in sex. If you are in a lesbian relationship this will be familiar territory but in a heterosexual relationship this means the man will receive. Consequently, for the man it represents the ultimate submission. A straight man may balk at strap-on play because they are not gay or do not consider themselves to have bisexual feelings. Overcoming these irrational fears can form a good basis for discipline.

For instance, suppose your partner is exhibiting typically masculine (negative) behaviour, you can ground the feelings with a bit of strap-on play to exert your dominance. Have a discipline session and then tell them that it is time for them to submit. If your relationship is sufficiently dominant, you might go straight to the bedroom and tell them to assume the position. There are tales of sub-dom relationships

where this is exactly what happens on the honeymoon, where the 'virginal' husband receives for the first time thus setting the tone for the future relationship.

Another example is when your partner dabbles with homosexual or bisexual feelings (apparently most men do at some point). Suppose, you discover that your partner is cheating with another man. One day you come home early and find them in bed together or can't explain why they look a bit dishevelled and flustered. You could bail on the relationship but it is better to deal with the problem directly. Tell your partner that if they want to explore their sexuality it is okay but you should be the one to help. Get on the internet. Buy yourself a strap-on and some butt plugs. Then, one night, after a suitable training period, take your partner to bed.

Alternatively, perhaps you want to try strap-on play but you think your partner will balk at the idea. The trick is to start them slowly. When he is on top one night, caress his bottom, and then work a finger into his anus and observe his response. Next, move onto prostate massage, helping to stimulate him to orgasm. Continue like that, associating the idea of ejaculation with anal play. If they are already thinking bisexually you are halfway there. Lesbian couples can try that as well, using G-spot massage combined with anal stimulation. Next, introduce a plug and training regime. Get them to wear the plug during lovemaking sessions. Let them plug you. If you show willing, why shouldn't they? When you think they are ready, produce the strap-on and see how it goes. Sometimes it is better if you tie them up as part of a domination evening. Men seem to find it easier to reconcile the submission once they are helpless.

Using a strap-on is similar to a butt plug. Start with plenty of lube and gently press the tip of the strap-on into the rosebud until it starts to open. If your strap-on is penis shaped push into your partner until the head disappears completely (that is past the corona) then pause. This stretches the muscle and then allows it to contract back onto the narrower shaft. After a few moments push forward a little more and then pull back out, partially or all the way. Repeat this process a few times, to stimulate the nerve endings in the anus and loosen up the sphincter. Make sure you have applied enough lube, and move around a bit to get an idea of how things lie. When your partner is relaxed, go a bit deeper, pause and withdraw. Repeat the process until your partner gets used to that and you are both comfortable. Once everything is okay, start a steady rhythm, tuning into your partner to varying the pace and depth. You have to get the rhythm, speed, and penetrative motion just right and then maintain it for your partner to

get the benefits. Some like the initial penetration others like to feel full. Boys, that works for conventional sex as well. Instead of jack-hammering away, try slipping just in and out to tease.

Don't keep stopping, starting, or changing position. Keep it going with minor changes to pace and depth. Varying pace stops your partner switching off. Girls, that last point is immensely important. It is all in the lower back. Stamina counts for a lot. You will have to get into training. Do the right stretches to strengthen those lower back muscles and the upper thighs. That way you will be able to hold the position and go slowly or quickly as the occasion demands. You have to be ready to do the marathon and then the final sprint at the end. A series of alternating slow and then rapid bursts will build your partner to orgasm but you need a final sustained push to take them over the edge. Do not forget to use manual stimulation of the genitals as well. Many men cannot come without it and for a woman you can generate the most intense deep orgasm.

Finally, after a bit of practice, try the missionary position. This is good for both men and women but is especially submissive for the male. It is a bit harder to get the angle of penetration right but once you know what you are doing you can stimulate the prostate with the strap-on and hand massage him as well. For her, massage the clitoris and the G-spot at the same time. Tune the rhythm to your movements and they will come like the proverbial train.

10.5 Puppy Play

The idea here is to correct errant behaviour with a bit of obedience training. If you have seen the borderline dominatrix types on TV offering ways to train your pet, then you know just what to expect here. Puppy play is a form of corrective discipline for misdemeanours against the partnership or can be used as a therapy. Just like a regular puppy, you praise or discipline according to how well your partner follows your rules. During puppy time, they stay off the furniture, have their own corner of the room, an agreed rest position, and so on.

Puppy play is an extension of the milder collar and lead discipline in Chapter 7. Your partner must be naked (puppies don't wear clothes). First, you collar them and then they assume the required position, on all fours. Clip on the leash and you are ready to play. Obviously, they get rewarded if they are obedient and punished if they are not. There are lots of games to play: sit and heel, sit up and beg, ball games, go fetch, seek, and so on. Walk around the room with them at your heel, making sure they follow your lead. Sit on the sofa and have your

puppy kneel next to you and beg for treats like chocolate drops. Similarly, get a small spongy ball and throw it across the room for them to retrieve using only their mouth. You might even invest in some chewy toys and play tussle where you fight for a toy or tease them with it (again, mouth only for puppy). Alternatively, use a clicker and train them to do a few tricks. Some people go further with doggie food bowls to serve up a meal or a drink. There are also butt plugs with tails (honestly). Anyway, you get the idea.

The appeal of this type of play is two-fold. First, it is clearly disciplinary. If your partner is in the doghouse (!) for transgressions then a dose of puppy discipline can act as a real deterrent. If they don't like the game then they will not re-offend. In the second case, it is a therapy. Like all role-play games, puppy play lets your partner take on a different persona for a while. If they are stressed at work or in a job that means they have to make decisions all the time, being able to give up control can actually turn out to be very therapeutic.

Puppies cannot talk so that is something else they can avoid doing as well. Muzzles are available as extensions to head harnesses if you want to enforce it. Alternatively, they have to bark. Make sure you give them lots of verbal feedback, like good boy/girl, when they complete a task. A bit of tummy tickling also goes along way. For a male partner you can bind or secure the testicles with a cock-ring for added effect, especially if puppy gets over excited. Oh and don't forget to spank. A really naughty puppy might need the strap or tawse.

Obviously, this type of play is not for everyone but it is simple to follow. If you have dominant leanings then you will find it quite a therapy too. No doubt, it will be a bit of a challenge the first time. If you have difficulty keeping a straight face, have a rule that says puppy is not to give you direct eye contact. On all fours and head down helps. Likewise, consider investing in a leather hood for them to wear. This depersonalises things a little until you get used to the play. In fact, that last point is the key. Puppy play is an exercise in escapism.

10.6 Feminization and Sissy Play

This type of play occurs when your (male) partner baulks or grumbles at doing household jobs because it is women's work or if you discover they fantasize about cross-dressing. In the first case, a dose of feminization will get their head straight and in the latter, you can indulge their fantasy safely at home.

Do you remember all that yin and yang stuff in Chapter 2? Well, if your partner is mostly yin in a yang body, they could be destined to be

transsexual and face real psychological issues if they are not allowed to express themselves in the way that feels natural. There is not much that can be done in that case, except, perhaps, for acknowledging their bravery in coming out and helping them to cope. For the rest it is just a fetish. Most men into cross-dressing do not want it to be a 24/7 lifestyle choice. It is just that sometimes their yin-yang balance can swing more to the female side. At that time, they may want to experiment with the idea of dressing up and acting the part.

To see if your partner is likely to indulge in this type of play you need to understand their yin-yang balance. In cross-dressers, the two sides are more evenly balanced than in most males. You might notice that they seem more understanding when you get emotional, or that they eschew the traditional macho pursuits of sports and beers for more intellectual or 'feminine' type activities. Chart their emotional cycle and you will see that a cross-dressing session only comes up at times of high stress, when they are dissatisfied with life, or when they are sexually frustrated. Basically, when they feel overwhelmed, under valued, and have problems setting their own boundaries.

It also seems that men of a certain age (forty and over) start to experiment. Some buy a motor bike or a fast car, some start hanging out round nightclubs, some start chasing younger women, and others try cross-dressing. It is a time when they realise that youth is slipping away and they should grasp the nettle before it is too late. Sometimes it is just about humiliation and embarrassment as an unconscious payback for things that make them feel guilty. Others just use it as an escape from reality, taking on a different persona where their day-to-day worries disappear.

Voluntary feminization: occurs when your partner expresses a desire to cross dress (or you catch them in the middle of a session). In this case, you allow them to wear feminine things at certain times. If you can indulge them, the therapeutic effects can be huge. Of course, you are not going to agree to him wearing frillies when your friends are around, the children are at home, or when the vicar comes to tea, but you can incorporate some discreet play into your DD lifestyle. For example, while they do some of the housework, on a particular evening, at the weekend, or during a discipline session. Sometimes it can be as simple as wearing softer girly underwear but some will enjoy the full conversion with wigs and make-up.

There are now alternative lingerie catalogues that cater just for men and some good cross-dressing stores. Some guys can look really hot in stockings and suspenders or other bedroom wear like baby dolls. If this is their thing, take them to bed every so often and be a bit

dominating, perhaps with strap-on play if they are into that too. Be careful though, some men like to cross-dress but are not into the latter, and it does not mean that they are closet homosexuals either. If none of this appeals then just agree a night when they can do it while you are out. That, however, would be quite sad, because often it is much more fulfilling when they share the secret and it stops them feeling guilty about deceiving you. Alternatively, control things indirectly by sending him to a professional dominatrix. Many offer feminization services and you can make sure she disciplines him properly as well!

Forced feminization: is more of a domination type play. Here your partner is reluctant to dress up. They might not like wearing women's clothes so you use it as deterrent for rule breaking. If they are the type that complains about household jobs being women's work, say, okay, and then dress them up and tell them to get on with it. After a few sessions, provided you don't have a mutiny, they'll get the idea and do the jobs so they can stay in ordinary clothes.

Another strand of forced play is where the man feels guilty because he secretly fantasizes about dressing up. For example, he could be trying to relive the moment when a teacher forced him to act as a girl in the school play. Secretly, he enjoyed the excitement, that nervous knot in the tummy when he had to face the audience in a dress. Now he feels guilty when he thinks about it and gets an erection. By taking charge, you help ground his negative feelings. Buy some outfits, including underwear (stockings are a favourite), and when you see negative behaviours appearing call him into the bedroom and hand him a pile of clothes. Use a school-marm approach, telling him you know just how to sort him out. When he is changed give him an inspection, and follow-up with spanking discipline if he has not made any effort to get the look right. Alternatively, help him get dressed. Then it is over your knee for a spanking.

Men into this type of play like to take the roles of maids, housewives, or secretaries so you can get them to do the ironing, clean the kitchen, dust, make the beds, type up letters, do the filing, and so on. Other games are deportment and skills sessions where you teach them how to walk in high-heels, sit correctly, and so on. The idea is to let them squirm mentally for a bit to drain away all that guilt. Often these men have a stereotypical view of the feminine that seems antiquated to modern women. They also like to deny their masculinity for a while or be reminded that they aren't really girls. Often a bit of gentle ridicule or playful teasing works well.

Sissy play: places emphasis on very girly attire. The more frills, ruffles, ribbons and petticoats there are the better. The appeal here is for them to feel and act, like a little girl (see [40],[42],[43]). For the man it can be because of long repressed memories, say from bullying or teasing at school. Alternatively, he might have been dressed in his sister's clothes when he had a little accident on a day trip. But it is just as likely to be unconscious envy. Little boys are surrounded by rustling skirts, white socks, T-bar shoes and so on but it is completely taboo for them to act girly, wear any of the clothes, or even suggest that they like the look and feel of the material. If they did have the courage to try, they probably got a good scolding from mom or aunty and a fetish was born.

Typically, men into this play are not trying to be women. They just want to try out being a little girl for a bit. So the types of games you play are teaching them deportment, how to walk and sit wearing a dress, how to curtsy, read poetry, play a musical instrument, sing, perform a recital, or maybe even a dance class. It is all about letting them explore those taboo feminine things. Often they have an idealized view of what being a girl is like. Think Alice in Wonderland, Dorothy in the wizard of Oz, The railway children, or even your adorable puff-sleeved satin or velvet party dress spilling with bows and frou-frou skirts.

There is nothing to stop you getting into role too by playing the strict aunt, governess, big sister, and so on. Once you get into it, it can be great fun. For example, if they transgress one of the relationship rules apply self-improvement, letter writing, or other non-spanking discipline with them wearing their frillies. Maybe you teach them to do some needlework or have piano lessons while they are all dressed up. Don't forget to follow-up with spanking too, so if they mess up their clothes, scuff their shoes, or don't perform well in lessons add corner-time and spanking to the process. Petticoats, lacy pantalettes, or even gymslips are good for the latter.

Mostly this is a male thing but some women like to be regressed like this too. It's about being the girly girl again and reliving those special moments like birthdays and parties when they were the centre of attention or daddies little girl. Women do not tend to have a fetish about dressing as men, which is why they find it so difficult to understand this activity. Some people argue that women are better adjusted. Mostly it is because women can do things that men cannot without causing the same fuss. Tomboy girls are endearing not a source of ridicule. Women wear men's clothes all the time. In fact, women are encouraged to express themselves emotionally right from

an early age. It is okay for a woman to have a flounce, a sulk, or get emotional. It is something expected in the fair sex. Unfortunately, the same sympathy does not extend to men.

So, if you have a partner that likes to dress up, do not get all angst about it. Okay, so it is a bit out on the edge but, really, what harm does it do? After they have indulged for a while, many will grow out of it, most of the time it is just curiosity. For others it can be a valuable safety valve. And, yes, some men do find it all a bit of a turn-on. The soft material, the swish of skirts, the fine gauzy material rubbing on bare legs, or the sense of naughtiness, can have an effect. In fact, some 'special' girls are quite wanton or slutty and like being taken-in-hand, especially if they have a bedroom fantasy or want you to be in control sexually. If anything does pop-up, it can spoil the image, so control matters and avoid undue embarrassment by bagging (section 10.3), before starting to play. In fact, a thorough discipline session might see a partner shaved, milked, bagged, and possibly plugged, before being dressed in feminine clothes. After that, they have to behave in the correct way until the discipline is over.

10.7 Adult Baby (AB) Play

Adult baby play (or infantilism) is another one of those paraphilias that helps people rework their internal psychological make-up and acts as a de-stressing therapy. Often, by taking on a different, less responsible persona, we can find ways to forgive ourselves and ground our emotions. Some people release all their negative emotions by regressing back to a helpless state.

In AB play you regress your partner, allowing them to act like a baby. It is important to realise that this type of play has absolutely nothing to do with child abuse, paedophilia or anything like that. People into adult baby play are not sexual predators and abhor the thought that anybody would want to hurt a child. The whole point in AB play is for them to get back to that unspoilt, innocent state before they grew up and the world got nasty. If you think that is a bit weird, hands-up if you had a cuddly toy when you were little, hands-up again if you still have it sitting on a shelf or in a box somewhere. Why do you keep it? And, how often do you feel like giving it a cuddle? Maybe you still do when you are feeling a bit down.

The adult baby scene is huge. There are probably just as many AB sites as there are spanking sites on the internet ([36]-[38]) and many AB scenarios have a spanking or discipline theme. Active ABs fall into several categories. Some just like the idea of wearing baby pants.

Others like to dress up as babies and be treated like a baby by their partners. Others go the whole way and invest in nursery equipment. There are places that supply AB clothing, adult sized nappies, bottles, soothers, high chairs, cots, and so on. Unlike cross-dressing, adult baby play is not an exclusively male fetish. Although the majority of ABs are men, there are also quite a few girl babies too, and of course there are cross-dressing babies as well.

As you can imagine, psychologists have spent quite a bit of time trying to understand why people enjoy this type of behaviour. The result is that many see it as a subconscious need for love and attention. Some ABs did not bond with their mothers in childhood. Others seek out those safe and loved feelings when things get too stressful. Another group just enjoy the feelings of being in nappies. Some domination practitioners even claim that babyhood is when all our predispositions for domination and submission begin. For them, getting back to basics really is the nub of managing your emotional well-being.

Nappy (or Diaper) Discipline: is used to control a misbehaving partner. When they start manifesting negative behaviour, give them a warning that if they insist on acting like a baby you will treat them like one. Probably, they will think it is an idle threat. Next time your partner misbehaves, it is time for some AB discipline. You don't need much to get started: a white (largish) terry towel, a couple of large safety pins, and a pair of adult sized plastic pants. The latter are available from local stores or on-line incontinence aid manufacturers (see [36]). For the correct effect, get the semi-translucent pants with reasonably strong elastic on the legs and waist. Snug, secure, and safe is the feel you are after.

Now, suppose your husband comes home drunk, and ends up comatose on the settee or flops into bed. Maybe he cannot aim straight in the bathroom or perhaps he has a little accident. Get him undressed then put on the nappy (diaper) slip on the baby pants and leave him to sleep it off. When he wakes up, he will wonder what is happening. Tell him that this is how it is going to be from now on. Any childish misbehaviour is going to end up with a diapering. Disposable nappies (like pampers or huggies) are available for adults from suppliers of incontinence products which are slim-line enough for a partner to be diapered before they go to work or out with friends. There are also lockable versions of pants that prevent removal. So, when they feel the urge to be boorish, a dose of nappy discipline will force them to watch their behaviour or come back early to avoid embarrassment. Problem solved.

Then again, if your partner is good at tantrums, don't rise to it and get angry. Just take them by the hand, lead them into the bedroom, and put them in baby pants. Make sure you spank them first or give an enema or perhaps a glycerine suppository to get all that naughtiness out. That last one can be a bit messy, though, especially if you leave them in their soiled pants for a bit to make a point! By the way, you will need to agree what is allowed in nappies. Some partners don't like the idea of wetting or messing their nappy while others, particularly those into water sports, enjoy it immensely. Remember that someone (the responsible one) will be in charge of cleaning up any mess so make sure you set any ground rules before you start. Either way, a few sessions like that and the tantrums will stop or you will find that your big baby starts bratting when they want some TLC. Sometimes just putting them in baby pants will be enough to ameliorate their behaviour.

AB Therapy: some people love the idea of abandoning themselves and being helpless. Adult baby play can act as a great restorative. Suppose your wife comes home all upset and emotional. Run a hot bubble bath and treat her to a baby bath time. Dry her off with a huge fluffy towel and then put her in baby pants and a nice girly nightdress or soft brush-cotton pyjamas (with a cute motif). Then it is time to be tucked up in bed with a favourite stuffed toy and a cup of hot chocolate. Don't forget to give her lots of cuddles and make her feel extra special and cared for. Once she gets the idea that it is okay to be baby-like when she is dressed for it, you have a superb stress reliever.

Babying your partner is quite straightforward. In fact, you can combine other forms of discipline with the baby approach. For example, if your AB is naughty, discipline them with a spanking then nappies and early bedtime. Once your partner is napped you can dress them up, let them stay up and watch a TV or a film, even give them a loving cuddle. Alternatively, why not shave them, cream or talc them, then put them into nappies. Some wives even milk the prostate of their ABs beforehand to discharge any maleness and make sure things stay floppy (which is especially good for sissy babies). For girl babies, you can spend time doing their hair. Get them into nappies then comb it out and put them in pigtails with nice big bows or use an Alice band.

Many adults still suck their thumb or cuddle things at night, even if they do not like to admit it. So when it is time for discipline or even if you just want to get them into their baby headspace, buy an adult sized soother and put it on a long ribbon to go around their neck (so baby doesn't lose it!) Hand it out when it is time for discipline, when they are feeling a bit low, or just before a corner time or bath time.

Alternatively, keep it as a treat and bring it out when they are all napped as a final indulgence.

Some partners like to dress up together and enjoy a nice cuddle, play together, or fall asleep together. With the genitals out of bounds, you can just be friends and enjoy close contact without it turning sexual. Sometimes this works for flatmates or partners that are not quite ready for a gay or lesbian relationship. Celibate couples can also indulge as a way of deepening their relationship without crossing the boundary into a sexual quagmire. Childless couples have also been known to try an AB relationship to experience what otherwise would not be possible. The idea is to allow the female partner to ground that basic nurturing instinct. Alternatively, a partner might be incontinent through some accident, disability, illness, or operation. Playing the baby might allow them to diffuse their pent-up frustration at the lack of control. Often, being loved and pampered by their partner despite their obvious difficulties re-affirms their worth.

Maintenance: if nappy time becomes a favourite, you might have a ritual of putting your partner into baby pants before bedtime or have a baby weekend. Other forms of non-spanking discipline are also possible. For example, sent to bed early or sitting on a naughty chair. As your play develops, you might engage in a bit of baby talk while putting your AB in nappies. Learn to baby talk properly and that will make you AB go weak at the knees. Soothing words or baby versions of words at nappy time or just before can get them straight into their headspace. The right tone of admonishment before a spanking can make your partner flush with embarrassment. The right words in cuddle time can make them feel safe and cared for.

There are also many different ways to fold a diaper, which you can have fun learning and trying out (boys and girls wet differently if you didn't know). A simple way to create a nappy is to fold the towel into a double thick rectangle, then put one end under the bottom and bring the other end up between the legs. Pin the front and back together with a safety pin on both sides, then slip the feet through the holes in the pants and pull-up. Make sure that you tuck all the material inside the pants so the elastic legs and waist fit snug against the skin. That safe and secure feeling is what you are trying to recreate.

Attention to detail is the thing. Baby needs to be pampered and fussed over. When your AB moves the plastic will crinkle and they can feel the thickness of the nappy between the legs bringing back all those subconscious memories of being cared for and cosseted. You can add to the effect by using baby talc and creams on the genitals and around the anus before the nappy is applied. The clean smell mixed

with the odour of PVC adds to that uniquely baby atmosphere. The more realistic you can make it the better. Dress up as nanny or matron. Invest in an apron and make up formula milk for babies afternoon of indulgence.

Baby can also be given playtime. Go down to local store and buy crayons, pens, and a few toddler colouring books. While you get on with your household jobs or relax, dress them up and tell them to do some colouring or draw a picture. That would not be very difficult for an adult so make sure they use the opposite hand to the one they write with and stay inside all the lines! Likewise, make up a playpen and get some baby toys, bright coloured bricks, dollies, stuffed toys, maybe even a collection of Disney DVDs (a lot of adults watch them for that feel good factor). Get some baby books and have story time, or learn to play some baby games – peek-a-boo, where's the baby, ickle-tickle, nursery-rhymes with the actions, and so on. Babies can also have naps, so you get some time-out. That is a good one when they are off work and getting under your feet!

Once you get over the fact that it is a bit strange to dress up as a baby you will see that it is all quite harmless and you can have lots of fun together. In fact, the sky is the limit. Many accessories are readily available. For example, rumba over pants with frills for little girls and sissies [39]. Plastic and rubber pants come as pull up, pop fastening, opaque, semi-opaque in a huge variety of colours or with babyish decorations. There are all manner of baby dresses, rompers, and so on, all in adult sizes. Some of the outfits are very well made and adorably cute. How far you want to take it is up to you.

10.8 Summary

In this chapter, we have covered quite a lot of ground in alternative play. If you or your partner has dominant or submissive tendencies, you can enhance your lifestyle with a selection of these techniques. Sometimes several of the techniques or games can be played together to build up a unique ritual between you and your partner. Finding what kinks hit your buttons can be rewarding, revealing, and fun. If nothing else, playing together will help you to understand each other and to bring you closer together. Enjoying some of the things outlined means that you are engaging in something that most people and certainly vanilla couples do not do. That should make you feel special.

If you have found that your partner has certain kinks then don't be appalled. It takes tremendous courage for them to come-out. Left unchecked, all that internal conflict will inevitably emerge in other

ways through negative behaviour. Ultimately, that may damage the relationship beyond repair. If you are serious about your relationship, look at these special techniques objectively. Remember that most DDers don't do them. Often, a once a month indulgence will be enough. Sometimes your partner will just want to experiment, and at other times, they will just be resolving some internal conflict. Properly grounded they will move on.

Relationships are complicated. People are complicated. If your partner wants to try more risqué things, confiding in you shows how much they value you and your opinion. By confessing, they are affirming their belief in the long-term basis of your relationship. A rejection can be crushing. So, whatever your persuasion, whatever your views, sit down and have a long and open discussion. Add to your lists of rules the kind of kinks you will indulge or will not indulge. Then get out there and research everything thoroughly.

CHAPTER 11 *Bringing it all together*

Back in Chapter 1, we defined domestic discipline as a way to control a person's harmful and negative behaviours by the use of loving discipline. Hopefully, you now appreciate the complexity and nuances wrapped up in that short statement. Domestic Discipline is a simple lifestyle choice designed to bring relationships into loving harmony. DD is not for everyone. It takes a special kind of couple to make DD work. Having read this text, you have all the knowledge required to construct and operate a successful and rewarding discipline based lifestyle. That does not mean that you will find it easy. The trick is not to rush but to slowly develop your discipline regime and get used to the roles you have created. This final chapter offers some insight into how to integrate the whole programme so that a disciplinary lifestyle becomes almost second nature.

11.1 The DD contract

The centrepiece of any Domestic discipline lifestyle is the contract between partners. The contract sets out the rules by which you decide to live and records the consequences for transgressions of the rules. Each rule included has a purpose, be it reducing miscommunication, reducing tension, agreeing household responsibilities, or setting the limits of alternative play. Usually, there is a nominated head of household responsible for dispensing any discipline but you can both take it in turns if that is what you want. Swapping roles works best in bedroom discipline or edge-play but adopt whatever works for you.

Initially, you will need to decide on the levels of discipline and the frequency of discipline sessions. By entering into the contract, you agree to abide by the rules of the partnership. Take your time drafting your rules and choosing the types of discipline used to maintain order. Make sure everything is proportionate so that the value of the discipline is clear and that you do not build up resentment in your partner. Remember that everything is consensual. Negotiate the new pattern to your lives but do not be forced into anything. If there is a

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real sticking point, work around it, get the discipline going in other areas and then come back to it later.

11.2 Discipline and Trust

A large part of the discipline is trust. You must trust your partner to take the rules seriously and to dispense discipline as appropriate. Trust is the fundamental basis of all relationships. The main form of discipline is spanking. Spanking is both a corrective and therapeutic discipline. In the former, it is used for rule breaking and in the latter for maintaining the harmony in the relationship by grounding your partner's internal negativity and guilt. Non-spanking discipline is used when spanking cannot take place or to add spice and a different emphasis to your discipline programme. By carefully balancing the two forms of discipline you can synchronise your own emotional cycles so that they balance. The resulting process of discipline and therapy brings you together in an ever-tightening bond where trust and love can flourish.

Discipline is a very meaningful process. It constantly reasserts your commitment and helps you resolve issues that would otherwise cause friction and arguments. Take time to build your rapport, work at understanding one another, and learn to communicate through loving discipline. Try the milder discipline to start the programme and then add to the programme. It is important that you do not overload your days together so that discipline edges out all other activities and turns into an obsession. Regular sessions are the key but do not let it dominate other activities. Restrict yourselves to off-the-cuff spankings, mild non-spanking discipline at the weekends, and perhaps a single spanking session at a convenient time. Once you are used to that protocol move onto more discipline at other times if needed.

11.3 Sex and Sexuality

Sex or the lack of it, is one of the most damaging negative cycles in a relationship. Sexual frustration is one of the most destructive forces that exist. Dealing with sexual issues, fantasies or problems in the bedroom can often help a relationship and give it time to heal. If a lack of discipline or technique exists in the bedroom, you might want to focus on that aspect first and leave the other forms of discipline until later. Again, trust is important. On the one hand, if you cannot trust your partner in other aspects of your life, it might be difficult to trust them in the bedroom. On the other, if you trust each other with intimacy that can spill over into the rest of your relationship.

Do not be frightened to experiment. If you are shy or a bit repressed, use the discipline to help get things out in the open. A bit of domination play that extends the discipline to the bedroom can fan the flames, add a little spice, or help overcome reticence. A disciplined approach and regular bedroom sessions help to condition the mind and train the body for sexual intimacy. The last two chapters considered a few possibilities. That list is not exhaustive. If you want to try something else, do the research and find out what it is that presses your buttons.

Do not be embarrassed if you have a few kinks. As long as it is nothing dangerous or illegal, get on and try it. The last thing you want to do is to end up all wrinkly on the porch someday regretting that you never tried. In the right relationship, it should be fun for both of you. Even if one partner is not into the same thing, they can usually carry off the occasional session. No matter how strange you think you are, it is a virtual certainty that somebody has already thought of the same thing. Indulging yourself and your partner can really spice up your life. The golden rule is not to get obsessed or turn into a pester. The latter hardly ever works and is more like to turn your partner off the whole idea. It is also a negative behaviour, which they might decide to iron out with a different form of discipline.

If kink is not for you, try some more conventional love making techniques that build on massage and alternative healthy lifestyles using the techniques in chapter 9 as a starting point. There are literally hundreds of techniques, positions and alternatives. Anything can get you going and put that zing back in your relationship. With that and the discipline, you will have something unique and extra special. If that doesn't help to keep your partnership alive then nothing will.

11.4 Advanced Cycle Control

Anybody can dabble at DD but what distinguishes real experts from the rest is cycle control. The overall aim of domestic discipline is to create harmony by balancing and synchronising your emotional cycles. Always keep that at the back of your mind when engaging in or creating new discipline.

The first step towards balance is to identify your individual cycles and then to work out a strategy to bring those separate cycles into harmony with a programme of discipline. Sometimes you will use spanking, sometimes non-spanking discipline, and occasionally a combination of the two. Add in bedroom discipline and your relationship becomes multi-layered and multi-faceted.

Bringing it all together

You can never stop your emotional cycles. Domestic discipline is about recognising that and learning, with the help of your partner, to live with it. DD teaches you not to feel guilty about the negative emotions that build up as part of your natural cycle. The discipline provides a mechanism to constantly ground that negativity bringing issues out into the open so that you can live in harmony with your partner and yourself.

Managing your cycles is a complex thing. In the text, we have taken a simple approach, aggregating all your behaviours into one single cycle where negative and positive waxes and wanes like the rising of the sun and moon. As understanding of your individual cycle develops, you will see that in fact there are many cycles within one. There might be one for external factors outside your relationship, one for interaction with your partner, a bedroom cycle, an internal emotional cycle and so on. Each additional cycle has its own pace and behavioural triggers. These mini cycles influence one another to create your overall cycle. Positive behaviour in one can create positive behaviour in another and likewise negative behaviour in one area can bring down another.

As your relationship deepens, you will appreciate the subtle and complex behaviour that drives your partner and yourself. At any one time, you might have several different discipline regimes in action. For example, a disciplinary theme for external behaviour, a therapeutic theme for internal issues of guilt and repression, and a separate play cycle for things in the bedroom. From the outside, people will not be able to see the subtleties at play and if you fail to engage in the process neither will you. This is about you and your partnership, not a textbook relationship. Feel your way and build something that is right for you and deals with the main stresses in the relationship first. Moving forward in this manner allows you to develop confidence and settle into the relationship. After that, start to explore the exciting world that is your partnership. The concept of DD takes a moment to understand but a lifetime to master.

11.5 Help and Support

After a few months of DD, you will start to see or feel the benefits. This is a subtle process and you might not be able to point at any one thing but just feel closer and more in tune with your partner. One day you might wake up and realise how loved you are, or you might be walking down the street and be struck by how safe and secure you feel. Alternatively, you might be watching the TV, look at your

Bringing it all together

partner, and smile. Maybe you get that little buzz or flutter in the tummy when you meet in town or come back from a business trip. That is when you know that DD is working for you. Don't keep it a secret, share it with your partner. Tell them exactly what it is that makes you feel special.

Sometimes things will not go smoothly. There will be times when despite your best efforts those cycles just do not mesh. Perhaps you don't know how to deal with a situation or don't know how to cope with all the emotions that can be stirred up by the discipline. Stick at it, modify your discipline regime, alter the balanced of spanking and non-spanking discipline. Try something new. Nobody is expected to get it right first time.

There are many blogs and contact points on the internet (see bibliography), each one has a different flavour so find one that appeals to you, or fits your lifestyle best. Read up on the past posts, which might help resolve a problem, or pluck up the courage to enter a post yourself. These can often help if you are feeling a bit isolated. Remember, you will not be discussing any of your DD matters with friends or relatives, so an anonymous sounding board can be just what you need. Above all else, talk to each other. If that is too difficult, express your feelings in a discipline session, or as non-spanking discipline through notes or letters to your HOH.

And, finally, remember, communication is just about all there is to it. A DD programme is not difficult to manage but learning to be comfortable takes time. However it ends up for you, and whatever form your programme finally takes, good luck!

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APPENDIX : *Sample DD Contract*

Domestic Discipline Contract

I _____ (the Spankee) acknowledge and give consent to _____ (the Spanker) to administer spankings that (s)he deems are warranted under the rules of domestic discipline as given below until _____ 20____ or the end of our relationship which ever is the shorter.

1. I understand that the spanker, based on a list of transgressions and misdemeanours endorsed by me, will decide the severity of the spanking, but at no time will it be so severe as to cause lasting damage, significant bruising, weals and welts, or other complications.
2. That I will submit willingly to spankings given with the hand and other implements as listed below:
Paddle/Hairbrush/Tawse/Strap/Switch (Delete as appropriate *)
Others : (please specific)
3. That I will present myself in a timely and appropriate manner for any spanking, be properly attired, and, at all times, be respectful to my spanker during a spanking session.
4. I agree that I will accept the spankers decision is final and not seek to avoid, or challenge, or disrupt any required spankings.
5. I agree that spanking will be carried out on the bare bottom and may result in reasonable discomfiture proportionate to the offences committed.
6. I understand that no spanking will be given in anger or while the spanker is under the influence of alcohol, other substances, or in any other unfit state to conduct the spanking safely**.
7. That I will work to improve my behaviour with respect to the items listed on the attached agreement and will engage fully in the programme without reservation.
8. That there will be no more than two spanking sessions given per day. In addition, when a spanking has been received for a particular misdemeanour, that instance of the transgression will be forgiven.
9. That this agreement remains completely confidential between the Spanker and myself, and that spankings will only be conducted in private.
10. I understand that there will be no sexual contact between the spanker and the spankee, or any unnecessary nakedness, except where a separate agreement is made under 3, or as required for administering said spanking under 5 (for example removal of pants/panties).

* females should receive only the Hand or light paddle from a male spanker

** the spankee must inform the spanker of any medical issues or complications.

I further agree to inform the spanker of any transgression of which they are not aware, and to ask for additional spanking when my behaviour warrants it or I feel that a spanking is deserved.

Signature (Spankee)

Signature (Spanker)

Date

Date

Domestic Discipline is a lifestyle choice for couples who want to rebalance their relationship and live in harmony through the application of caring, loving, discipline. This book shows you how to set up, run, and benefit from a disciplinary lifestyle.

Topics include:

- Why do people want a DD lifestyle?
- The Philosophy and Psychology of DD
- Spanking and other forms of discipline
- Corrective versus restorative discipline
- Orgasm control and sexual focus
- Discipline and emotional cycles
- Synchronising your cycles
- Applying the discipline
- Maintenance discipline
- Denial and Chastity
- Enema Discipline
- Anal Discipline
- DD in the bedroom
- DD on the edge

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